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A RESOURCE GUIDE OF SERVICES FOR SENIORS IN SAN FRANCISCO

Prepared by:
City and County of San Francisco
Commission on the Aging
Senior Information and Referral

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A RESOURCE GUIDE OF SERVICES

FOR

SENIORS IN SAN FRANCISCO

1991-92

Senior Information and Referral of the San Francisco Commission on the Aging has produced this 1991-92 edition of the Resource Guide of Services for Seniors in San Francisco.

This Guide is designed to provide resource information for professionals working with the elderly in San Francisco. While an attempt has been made to list the most frequently used agencies, inclusion or exclusion of any agency or organization does not imply endorsement or disapproval of the program or services.

The information in the White section of this directory originated from the Bay Area Information and Retrieval System (BAIRS) and information management assistance was provided by The United Way Information and Referral Service/BAIRS Program.

Special thanks goes to Helen Zisser, Maria Guillen and Beverly Johnson for their professional competency and direction in designing, researching and editing this edition. In addition, thanks goes to the staff of the Senior Information and Referral for eight years of outstanding service in helping older adults and care givers connect with the wide range of services available in our community

If there are any additions, corrections or comments about this edition of the Resource Guide, please contact Teri Dowling, Director, Senior Information and Referral.

Senior Information and Referral
1182 Market Street, Room 320
San Francisco, California 94102
(415) 626-1033

A RESOURCE GUIDE OF SERVICES

FOR

SENIORS IN SAN FRANCISCO

-- 1991/92 --

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A Resource guide of
services for seniors in

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How to Use the Guide

For easy reference the resource guide is divided into green, blue, pink and white page sections:

- Green Pages - Introduction - (G-1 to G-3)

  Includes:
  - Introduction
  - Table of Contents
  - How to Use the Guide
  - Senior Information & Referral #'s for other Bay Area Counties

- Blue Pages - Services by Category - (B1 - B123)

  If there is a particular area of service needed, the blue section will provide names of agencies/services that provide help in that area. For example, if the need is for case management then you will look up Case Management in the blue pages and you will find available services in that category.

  There are over forty different categories of service. For an index of those categories turn to page B1 - B3.

  Please note: If the agency is profiled in the white pages, you will find it marked with an asterisk (*).

- Pink Pages - Alphabetical Index - (P1 - P12)

  This serves as the alphabetical index of the resource guide: The Pink Pages list agencies in alphabetical order by their legal names, by their commonly used name, program name and by acronym (e.g. California Advocates for Nursing Home Reform is also listed as CANHR; St. Anthony's Adult Benevolent Association is also listed as Adult Benevolent Association).

- White Pages - Agency Profiles - Begins on Page 1

  This section provides an agency profile for 270 vital services for seniors. Each profile includes name, address, phone number as well as, services provided, person-in-charge, days and hours of operation and other pertinent information.

  Program descriptions are arranged alphabetically by their complete formal name. Public agencies are listed under their political jurisdiction, eg., "United States Government ..."

Senior Information & Referral #'s

In Other Bay Area Counties

County		Senior I & R #
Alameda	(North)	1-510-667-3067
	(South)	1-510-352-5117
Contra Costa	(West)	1-510-374-3943/758-9400
Marin		1-415-456-9062
Napa		1-707-252-6222
San Mateo		1-800-640-1224
Santa Clara		1-408-243-8570
Solano		1-707-643-1797
Sonoma		1-707-525-0143

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ABUSE (ELDER)

It has been estimated that approximately 4% of the elderly are victims of physical mistreatment, psychological abuse, severe neglect or financial exploitation each year. Under California law, health and social service providers are required to report physical abuse. The following services for preventing and/or reporting cases of abuse are available to victims, their families and professionals working with them:

ELDER ABUSE REFERRAL LINE: 626-1033

- ADULT PROTECTIVE SERVICES 557-5230
  (to report and/or refer cases of abuse)

- CALIFORNIA ADVOCATES FOR NURSING HOME REFORM (CANHR) 474-5171
  (for incidents of abuse occurring in nursing homes)

- CATHOLIC CHARITIES 864-7400
  (for abused elders needing case management services)

- CONSORTIUM FOR ELDER ABUSE PREVENTION 885-7850
  (for prevention information and consultation)

- FAMILY SOCIAL SERVICE AGENCY 474-7310
  (when mental health issues are involved)

- LEGAL ASSISTANCE TO THE ELDERLY 861-4444
  (financial abuse only)

- OMBUDSMAN (Long Term Care) ..... Local 255-6010
  (to report cases of abuse occurring in nursing homes or board and care homes) 1-800-231-4024

POLICE

For immediate emergency call 911

or, call Insp. Sgt. Gustafson, Inspector's Bureau, SDPD 553-1484

ADULT DAY HEALTH CARE CENTERS

Adult Day Health Care (ADHC) is a community-based day program of health, rehabilitation, and social services for disabled adults and the frail elderly. By assisting them in maximizing their independence and capacity for self-care, this program helps participants continue living at home and provides daytime respite to family members.

There are seven (7) licensed and Medi-cal reimbursable agencies within the designated service areas of San Francisco. The State of California Department of Health Services licenses and certifies these programs. For further information see the Licensing and Certification section.

* BAYVIEW HUNTER'S POINT ADULT DAY HEALTH CARE 826-4774
  1250 LaSalle
  San Francisco, CA 94124
  Monday - Friday
  Kathy Koechlin, Director
  Serves Bayview-Hunter's Point,
  Sunnydale, Potrero Hill.

* LAGUNA HONDA HOSPITAL ADULT DAY HEALTH CARE CENTER 664-1102
  375 Laguna Honda Blvd.
  San Francisco, CA 94116
  Monday - Friday, 8:00 to 4:30
  Linda Karpawich, Director, Pat Devine, Contact
  Serves Outer Richmond, Sunset, Park Merced.

* NORTH & SOUTH OF MARKET ADULT DAY HEALTH CORPORATION .. 882-7301
  55 Mabini
  San Francisco, CA 94107
  Monday - Friday, 10:00 to 3:00
  Elizabeth F. Boardman, Executive Director
  Contact: John Tinloy, Program Director
  Tammy Wong, Asst. Social Worker
  Serves North and South of Market.

* ON LOK HEALTH SERVICE DAY CARE CENTER 989-2578
  1441 Powell Street
  San Francisco, CA 94133
  Contact: Doreen Der McLeod or Sandra Foiena
  7 days a week, 8 to 4:30
  Serves frail elderly.

ADULT DAY HEALTH CARE CENTERS (Continued)

- RUTH ANN ROSENBERG ADULT DAY HEALTH CENTER 885-7586
  San Francisco Institute on Aging - Mt Zion
  1675 Scott Street
  San Francisco, CA 94115
  Contact Ann Blick, Acting Director
  Monday - Friday, 8 30 to 4 30
  Serves Western Addition, Marina, Haight and Inner Richmond districts

- ST MARY'S ADULT DAY HEALTH CARE/CATHOLIC CHARITIES ... 334-4000
  35 Onondaga (off Mission, between Geneva & Ocean)
  San Francisco, CA 94112
  Monday - Friday, 9-30 to 3-30
  Janet Tedesco, Acting Director
  Contact Shirley Locke, Social Worker
  Serves Southern San Francisco, Outer Mission, Visitacion Valley, and Ingleside districts.

- THIRTIETH (30TH) STREET SENIOR SERVICES
  ADULT DAY HEALTH CARE 550-2230
  CALIFORNIA PACIFIC MEDICAL CENTER
  225 30th Street
  San Francisco, CA 94131
  Monday - Friday, 8-30 to 5:00 pm
  Veronica Rodriguez, MSW, Director
  Serves Mission, Bernal Heights, Noe, Eureka, Potrero Diamond Heights, and Glen Park districts

ALL OF THE S.F. ADULT DAY HEALTH SERVICES AREAS PROVIDE OUT OF HOME DAY TIME RESPITE CARE

ADULT SOCIAL DAY CARE

Centers which serve as interim care for clients who do not need Adult Day Health Care but are not able to participate in a senior center.

* FAMILY SERVICE AGENCY 474-7310
  GERIATRIC DAY TREATMENT CENTER ext. 477
  1010 Gough Street
  San Francisco, CA 94109

* FANNIE L. MORRIS ADULT DAY CENTER 469-2252
  JEWISH HOME FOR THE AGED
  302 Silver Avenue
  San Francisco, CA 94112

* KIMOCHI, INC. 922-9972
  1531 Sutter Street Admin. 931-2294
  San Francisco, CA 94109

* MONTEFIORE SOCIAL DAY CENTER (3 times a week) 346-6040
  3200 California Street
  San Francisco, CA 94118

* MT. ZION 885-7800
  2356 Sutter Street
  San Francisco, CA 94120

* NORIEGA ADULT DAY CARE 665-6844
  3601 Noriega
  San Francisco, CA 94122

* NORTH OF MARKET SENIOR SERVICES 885-2274
  333 Turk Street
  San Francisco, CA 94102

* RECREATION CENTER FOR THE HANDICAPPED 665-4100
  207 Skyline Blvd.
  San Francisco, CA 94132

ADVOCACY

Programs which advocate changes, promote causes, or protect the rights of individuals or groups This may include advocacy in the areas of client or patient rights, civil rights, affirmative action, architectural barrier removal, etc.

BETTER BUSINESS BUREAU 243-9999
CALIFORNIA CONSUMER HEALTH COALITION
33 New Montgomery St
San Francisco CA 94105

- CALIFORNIA ADVOCATES FOR NURSING HOME REFORM 474-5171
  1610 Bush Street
  San Francisco CA 94109

- CASE (COALITION OF AGENCIES SERVING THE ELDERLY) 626-1033
  1182 Market Street, Room 320
  San Francisco CA 94102

- CATHOLIC COMMITTEE FOR THE AGING 864-7400
  1049 Market Street Suite 200
  San Francisco CA 94103

COMMUNITY CARE FACILITIES 1-800-422-5669
HOTLINE (Group Home Complaints) 464-1319
State Licensed Homes Alameda/Contra Costa/SF 266-8800

CONGRESS OF CALIFORNIA SENIORS 1-916-442-4474
1010 11th Street, Suite 204
Sacramento, CA 95814

- CONSORTIUM FOR ELDER ABUSE PREVENTION 885-7850
  Institute on Aging
  1600 Divisadero Street
  San Francisco CA 94115

- CONSUMER ACTION 777-9635
  116 New Montgomery St #233
  San Francisco CA 94105

- CONSUMER ENVIRONMENTAL PROTECTION UNIT 553-1814
  732 Brannan Street
  San Francisco, CA 94103

- GRAY PANTHERS 552-8800
  1182 Market Street #200
  San Francisco CA 94102

KCBS - Call for Action ..... General Public 478-3300
One Embarcadero Center ..... Agency Use 765-4096
San Francisco, CA 94111

* OLDER WOMEN'S LEAGUE 550-1660
601 Dolores Street
San Francisco, CA 94110

* OMBUDSMAN - San Francisco (Long Term Care) 255-6010
Family Service Agency of SF ..... Crisis Line: 1-800-231-4024
1453 Mission Street, #520
San Francisco, CA 94103

* PLANNING FOR ELDERS IN THE CENTRAL CITY 554-2421
1435 Market Street, 4th floor FAX No. 554-2417
San Francisco, CA 94103

* PATIENTS' RIGHTS ADVOCACY SERVICES (PRAS) 552-8100
2325 3rd Street, #221
San Francisco, CA 94107

SAN FRANCISCO ASSOCIATION OF RESIDENTIAL 753-3216
CARE HOMES, INC.
110 Vale Ave
San Francisco, CA 94132
Pat Nobis, Director

* SAN FRANCISCO COMMISSION ON THE AGING Adm. Office: 864-6051
25 Van Ness #650
San Francisco, CA 94102

* SAN FRANCISCO TENANTS' UNION 282-6622
558 Capp Street (21st St.)
San Francisco, CA 94110

SENIOR ACTION NETWORK 826-7636
2881 Harrison Street
San Francisco, CA 94110

* SENIOR INFORMATION AND REFERRAL 626-1033
1182 Market Street, Room 320
San Francisco, CA 94102

* SENIOR POWER/THURSDAY CLUB 541-9629
805 Howard Street
San Francisco, CA 94103

CASE MANAGEMENT

Coordinate all social, medical, psychiatric services for clients with the intent of stabilizing client at current level of care. Case management provides support on an on-going basis to insure a stable environment through assessing need, planning care, implementing and coordinating program delivery, follow-up and re-assessment.

- CATHOLIC CHARITIES 864-7400
  1049 Market Street, Suite 200
  San Francisco, CA 94103

- CENTRO LATINO DE SAN FRANCISCO 861-8958
  1656 15th Street
  San Francisco, CA 94103

- COMING HOME SUPPORT SERVICES 296-0937
  220 Montgomery Street, Suite 329
  San Francisco, CA 94104

- ELDERCARE PROGRAM 558-5104
  Office of Senior Health Services
  San Francisco Department of Public Health
  1182 Market Street, Rm 204
  San Francisco, CA 94102
  (Serves as Central Intake for District Health Centers # 1 to # 5)

- JEWISH FAMILY AND CHILDREN'S SERVICES 567-8860
  GERIATRIC SERVICES
  1600 Scott Street
  San Francisco, CA 94115

- NORTH OF MARKET MULTIPURPOSE SENIOR SERVICES 885-2274
  333 Turk Street
  San Francisco, Ca 94102

- ST. MARY'S HOSPITAL & MEDICAL CENTER 750-5800
  Senior Life Services
  450 Stanyan Street
  San Francisco, CA 94117

- SALVATION ARMY MEALS & ACTIVITIES PROGRAM 777-5350
  850 Harrison Street
  San Francisco, CA 94107

* SAN FRANCISCO DEPARTMENT OF PUBLIC HEALTH --
Community Mental Health Services (CMHS)

CMHS 558-4671
Central City Seniors Unit
1182 Market Street, #205
San Francisco, CA 94102

Includes the following districts:
Tenderloin, South of Market to Bush Street

CMHS 753-6073
1351 - 42nd Ave
San Francisco, CA 94122

Includes the following districts:
OMI, Richmond, Sunset

CHMS 398-0981
1548 Stockton Street 398-2266
San Francisco, CA 94133

Includes the following districts:
Chinatown, North Beach

CHMS 337-4722
3905 Mission Street
San Francisco, CA 94112

Includes the following districts:
Southeast, Mission

CHMS 474-7310
Family Service Agency
1010 Gough Street
San Francisco, CA 94109

Includes the following districts: Western
Addition, Pacific Hts., Marina, Fillmore & Haight

SAN FRANCISCO LINKAGES 885-7590
Mt. Zion Hospital and Medical Center
2356 Sutter Street
San Francisco, CA 94115

S.F. MULTIPURPOSE SENIOR SERVICES PROGRAM (M.S.S.P.) .. 885-7590
S.F. Institute On Aging, Mt. Zion
2356 Sutter Street 2nd Fl.
San Francisco, CA 94115

CAREGIVER SUPPORT SERVICES

The following support or self-help groups can put individuals in touch with other caregivers with whom they can share emotional support, understanding and suggestions for handling problems.

Caregiver support can provide an atmosphere of acceptance and encourage members to express their feelings, communicate more effectively and find more appropriate coping strategies.

ALZHEIMER SUPPORT GROUP 540-4530
(Caregiving for someone with Alzheimers)

ALZHEIMER'S DISEASE & RELATED DISORDERS ASSOCIATION ... 856-1333
(Caregiving for someone with Alzheimers and dementia)

* BAYVIEW HUNTER'S POINT ADULT DAY HEALTH CENTER 826-4774
(General caregiving)

* CATHOLIC CHARITIES 558-7184
(General caregiving)

* INSTITUTE ON AGING (Mt. Zion Medical Center) 885-7570
(Caregiving for someone with Alzheimers and dementia)

* JEWISH FAMILY & CHILDREN'S SERVICES 532-6314
(Adult children of aging parents)

* JEWISH FAMILY & CHILDREN'S SERVICES 561-1254
(General caregiving)

* 30TH STREET SENIOR SERVICES 550-2230
(Pacific Presbyterian Medical Center)
(General caregiving -- groups also held in Spanish)

DEATH RELATED SERVICES

Funeral Plans:

Bay Area Funeral Society (Consumer Info)	841-6653
GHIA Gallery (Consumer Info)	282-2832

Grief Counseling/Support Groups:

• Catholic Charities - Grief Care	665-5100
• Center for Elderly Suicide Prevention and Grief Related Services	752-2437
• Jewish Family & Children Services	567-8860
• LINKS (Widow/Widower Program) - Health Ctr. #5	661-4400
Shanti Project (AIDS support groups)	777-2273

Hospice Services:

To provide physical, psychological, social and spiritual care to those individuals who have been diagnosed as terminally ill, their families and loved ones. Hospice service may be administered in the home, hospital, nursing home or in an alternative facility:

• Coming Home	296-0937
• Hospice by the Bay	673-2020
• Visiting Nurses & Hospice of San Francisco	861-8705

Other Services:

Coroner's Office 850 Bryant St San Francisco, CA 94103	553-1694
Death Certificates 101 Grove St. (1st fl.) San Francisco, CA 94102	554-2707
Death Records 101 Grove St. (1st fl.) San Francisco, CA 94102	554-2700
Social Security Benefits	800-234-5772
Veterans Administration	495-8920

DENTAL

* SAN FRANCISCO DENTAL SOCIETY .... For Referrals 1-800-825-6384
  760 Market St., Suite 828 421-1435
  San Francisco, CA 94102

* SAN FRANCISCO GENERAL HOSPITAL..... 821-8104
  Dental Clinic
  1001 Potrero Ave
  San Francisco, CA 94110

* SENIOR DENTAL PROGRAM 986-5845
  Medi-Cal and non-Medi-Cal
  760 Market Street, Rm 828
  San Francisco, CA 94102

* SOUTH OF MARKET HEALTH CLINIC 626-2951
  551 Minna Street
  San Francisco, CA 94103

  UC SCHOOL OF DENTISTRY (students) 476-1891
  707 Parnassus
  San Francisco, CA 94143

* UNIVERSITY OF PACIFIC 929-6501
  SCHOOL OF DENTISTRY
  2155 Webster Street
  San Francisco, CA 94115

DISABILITIES

According to Section 504 of the 1973 Rehabilitation Act and the 1990 American with Disabilities Act, disability "means with respect to the individual, a permanent or temporary physical or mental impairment that substantially limits one or more of the major life activities of the individual."

The following agencies provide assistance to persons with disabilities:

- ARTHRITIS FOUNDATION (Northern California Chapter) . . . 673-6882
  203 Willow Street, Suite 201
  San Francisco, CA 94109

- CALIFORNIA STATE DEPARTMENT OF REHABILITATION 771-7200
  2720 Taylor #420 TTY 626-8825
  San Francisco, CA 94133-1285
  and
  30 Van Ness Ave #3200 557-3800
  San Francisco, CA 94102-6027

- CATHOLIC CHARITIES' 567-4515
  Hearing Impairment Program
  2891 Bush Street
  San Francisco, CA 94115

- INDEPENDENT HOUSING SERVICE 441-6781
  25 Taylor Street
  San Francisco, CA 94102

- INDEPENDENT LIVING RESOURCE CENTER OF SAN FRANCISCO . 863-0581
  70 10th Street TTY 863-1367
  San Francisco, CA 94103

- DEAF COUNSELING ADVOCACY & REFERRAL AGENCY ..... Voice 821-6219
  (DCARA) TDD 821-6216
  3120 Mission Street Administrative 895-2430
  San Francisco, CA 94110

- LIGHTHOUSE FOR THE BLIND 431-1481
  20 10th Street, Suite 225
  San Francisco, CA 94103

- MULTIPLE SCLEROSIS SOCIETY 268-0572
  Northern California Branch 800-344-4867
  525 3rd Street, Suite 104
  Oakland, CA 94607

MUSCULAR DYSTROPHY ASSOCIATION, INC. 570-6166
561 Pilgrim Drive #C
Foster City, CA 94404

* NATIONAL ASSOCIATION FOR THE VISUALLY HANDICAPPED 221-3201
3201 Balboa
San Francisco, CA 94121

* OPERATION CONCERN 626-7000
GAY & LESBIAN OUTREACH TO ELDERS (G.L.O.E.)
(Groups for disabled men and women)
1853 Market Street, Suite 510
San Francisco, CA 94103

PACIFIC BELL 1-800-772-3140
(Phone discounts; Equipment for
persons with disabilities)

* RECREATION CENTER FOR THE HANDICAPPED 665-4100
207 Skyline Blvd.
San Francisco, CA 94132

* ROSE RESNICK CENTER FOR THE BLIND & HANDICAPPED 441-1980
1299 Bush Street
San Francisco, CA 94109

* SAN FRANCISCO PUBLIC LIBRARY FOR THE BLIND 292-2022
3150 Sacramento Street
San Francisco, CA 94115-2090

* SAN FRANCISCO SPCA HEARING DOG PROGRAM 554-3020
2500 16th Street
San Francisco, CA 94103

* UNITED CEREBRAL PALSY ASSOCIATION OF SAN FRANCISCO 255-0101
1435 Market Street, 2nd Floor
San Francisco, CA 94102

* U.C. CENTER ON DEAFNESS 476-4980
3333 California Street, #10 TTY: 476-7600
San Francisco, CA 94143-1208

EDUCATIONAL OPPORTUNITIES

The following agencies/organizations provide a variety of educational opportunities or cultural enrichment programs for seniors:

- AMERICAN RED CROSS 776-1500
  1550 Sutter Street
  San Francisco, CA 94109

- ARTWORKS 885-7470
  S.F. Institute on Aging - Mt. Zion Medical Center
  1600 Divisadero Street
  P.O. Box 7921
  San Francisco, CA 94115

  CENTER FOR LEARNING IN RETIREMENT (CLIR) 863-4518
  U.C. Extension
  55 Laguna Street
  San Francisco, CA 94102

- CITY COLLEGE OF SAN FRANCISCO 550-4384
  Mission Campus - Adult Division
  106 Bartlett Street
  San Francisco, CA 94110

- CITY COLLEGE OF SAN FRANCISCO 550-4324
  Southeast Campus
  1800 Oakdale Avenue
  San Francisco, CA 94124

- COMMUNITY MUSIC CENTER 647-6015
  544 Capp Street
  San Francisco, CA 94110

  COMMUNITY MUSIC CENTER - Richmond Branch 221-4515
  741 30th Avenue
  San Francisco, CA 94121

FORT MASON BOOKING GUIDE 441-5706
(To reserve conference space)
Building A
Laguna and Marina Blvd.

* FROMM INSTITUTE FOR LIFELONG LEARNING 666-6805
University of San Francisco, Room 538
Ignatius Heights
San Francisco, CA 94117

* GRAY PANTHERS 552-8800
1182 Market Street #203
San Francisco, CA 94102

LEAGUE OF WOMEN VOTERS 775-8683
620 Sutter Street, #321
San Francisco, CA 94102

MISSION LANGUAGE & VOCATIONAL SCHOOL 648-5220
2929 19th Street
San Francisco, CA 94110

* PLANETREE HEALTH RESOURCE CENTER 923-3680
2040 Webster
San Francisco, CA 94115

SAN FRANCISCO ADULT LITERACY CENTER 621-8606
Box 15508
San Francisco, CA 94115

* SAN FRANCISCO PUBLIC LIBRARY 557-4400
Hearing Impaired (TDD) 557-4433
Hearing Impaired (Voice) 557-4434

* SAN FRANCISCO LIBRARY ON WHEELS 557-4345

* SAN FRANCISCO LIBRARY FOR THE BLIND 292-2022

- SAN FRANCISCO S A F E , INC. 673-7233
  (Crime prevention) 553-1984
  850 Bryant Street, #553
  San Francisco, CA 94103

- SAN FRANCISCO STATE UNIVERSITY 338-1684
  (Urban Elders Program/Extended Education)
  22 Tapia Dr
  San Francisco, CA 94132

- SENIOR INFORMATION AND REFERRAL 626-1033
  1182 Market Street, Suite 320
  San Francisco, CA 94102

  SENIOR NET 750-5030
  (Computers for Seniors)
  399 Arguello Blvd
  San Francisco, CA 94118

- SENIOR POWER/THURSDAY CLUB 541-9629
  805 Howard Street
  San Francisco, CA 94103

  TALE SPINNERS THEATER 550-9104
  Studio Eremos
  2055 Silver Avenue, Rm 10
  San Francisco, CA 94124

EMERGENCY NUMBERS

For ALL EMERGENCIES, call 911

* ADULT PROTECTIVE SERVICES 557-5251
(S.F. Dept. of Social Services) 557-5230

CENTRAL EMERGENCY AID STATION 554-2950
50 Ivy Street
San Francisco, CA 94102

CITY AMBULANCE PARAMEDIC 554-2950
135 Polk Street or 911
San Francisco, CA 94102

DRUG LINE 752-3400

* ELDER ABUSE REFERRAL LINE (Senior I & R) 626-1033

EMERGENCY PSYCHIATRY @ S.F. General 821-8125
(For all geriatric service centers)

FIRE ..... 911 or .. 861-8020

* LA CASA DE LAS MADRES (Battered Women Shelter) 777-1808

MENTAL HEALTH INFORMATION & REFERRAL 387-5100

* NIGHT MINISTRY (10 pm - 4 am) 986-1464

PACIFIC GAS & ELECTRIC CO. (Customer Service Dept.) ... 974-1555

POISON CONTROL CENTER 476-6600

SAN FRANCISCO AMBULANCE ..... 911 or 931-3900
2829 California Street
San Francisco, CA 94115

* SAN FRANCISCO SUICIDE PREVENTION 221-1423

UC SCHOOL OF DENTISTRY 476-1891
707 Parnassus, 6th Floor
Science Building, Dental Emergency Window

UNIVERSITY OF PACIFIC SCHOOL OF DENTISTRY 9296501
2155 Webster Street
San Francisco, CA 94115

EMERGENCY MEDICAL BUTTON RESPONSE SYSTEM

In an emergency, one touch of your portable help button will bring help within minutes. With any of the following response systems help is always at your fingertips, 24 hours a day. The portable help button offers peace of mind and independence to the user and provides respite and reassurance for family and caregivers.

COMMUNI-CALL ST. FRANCIS MEMORIAL HOSPITAL ..... 775-432[illegible]
900 Hyde Street EXT 2713
San Francisco, CA 94109

COMMUNI-CALL PACIFIC PRESBYTERIAN MEDICAL CENTER 923-3515
2333 Buchanan Street
San Francisco, CA 94115

EMERGENCY RESPONSE SYSTEM ST. LUKES MEDICAL CENTER 641-6535
3555 Amry Street
San Francisco, CA 94110

LIFE-LINE PROGRAM MT. ZION HOSPITAL 885-7591
P.O. Box 7921
San Francisco, CA 94120

LIFE-LINE DAVIES MEDICAL CENTER 565-6395
Castro & Duboce Street
San Francisco, CA 94114

MERCY-LINE ST. MARY'S HOSPITAL & MEDICAL CENTER 750-5530
450 Stanyan Street
San Francisco, CA 94117

EMPLOYMENT

The following resources offer help to the older adult in the areas of job placement, referral, information and counseling:

* ALUMNAE RESOURCES 274-4747
  120 Mortgomery Street #1080 Office .. 274-4700
  San Francisco, CA 94104

* ARRIBA JUNTOS CENTER 863-9307
  2017 Mission Street, 2nd Floor
  San Francisco, CA 94110

* CIVIL SERVICE COMMISSION, S.F. 557-4800
  646 Van Ness Avenue Hotline 558-4496
  San Francisco, CA 94102

* ECONOMIC OPPORTUNITY COUNCIL 863-2121
  70 10th Street X306
  San Francisco, CA 94103

* EMPLOYMENT DEVELOPMENT DEPT. ..... General Info 557-3038
  (STATE OF CALIFORNIA) ..... Casual labor 557-1217
  801 Turk St. ..... Employers needing casual labor 557-1237
  San Francisco, CA 94102 ..... Youth Srvcs 557-8725

* ENTERPRISE FOR HIGH SCHOOL STUDENT -- Employment 921-6554

* E.T.C. (ELDERLY TEEN CONNECTION) 584-0300
  222 Plymouth Ave.
  San Francisco, CA 94112

* EXPERIENCE RENAISSANCE PLUS, Inc. 546-7161
  973 Market Street, 2nd Floor
  San Francisco, CA 94103

* FOSTER GRANDPARENT PROGRAM 474-7310
  1010 Gough Street
  San Francisco, CA 94109

EMPLOYMENT (Continued)

GOODWILL INDUSTRIES OF SAN FRANCISCO 550-4500
2150 Army
San Francisco, CA 94124

- JEWISH VOCATIONAL & CAREER COUNSELING SERVICE 391-3595
  870 Market Street, Room 872
  San Francisco, CA 94102

- OPTIONS FOR WOMEN OVER 40 431-6405
  431-6944
  3543 18th Street
  San Francisco, CA 94110

- RETIREES EMPLOYMENT PROGRAM, UCSF 476-2715
  1645
  1350 7th Avenue
  San Francisco, CA 94143

- ST. ANTHONY EMPLOYMENT SERVICE 241-8330
  55 Jones
  San Francisco CA 94102

- SAN FRANCISCO SENIOR CENTER at Aquatic Park 775-1866
  TTY 771-2666
  390 Beach Street
  San Francisco, CA 94109

- SCORE (SERVICE CORPS FOR RETIRED EXECUTIVES) 744-6827
  211 Main Street
  San Francisco, CA 94105

- SELF-HELP FOR THE ELDERLY 982-9171
  445 Grant Ave
  San Francisco, CA 94108

- SENIOR COMPANIONS (FAMILY SOCIAL SERVICE AGENCY) 474-7310
  1010 Gough Street
  San Francisco, CA 94109

* SENIOR INFORMATION AND REFERRAL 626-1033
  1182 Market St., Rm 320
  San Francisco, CA 94102

* SENIOR POWER/THURSDAY CLUB 541-9629
  805 Howard Street
  San Francisco, CA 94103

* SOUTHEAST COMMUNITY COLLEGE CENTER 550-4324
  Formerly S.F. Community College Skills Center
  1800 Oakdale Avenue
  San Francisco, CA 94124

VETERANS ADMINISTRATION - Employment 744-7759
211 Main Street, Room 100 Information: 495-8900
San Francisco, CA 94105

FINANCIAL ASSISTANCE SERVICES

C E R F ..... Richard Zarlow 558-6209
(CODE ENFORCEMENT AND REHABILITATION LOAN PROGRAM)

- COMING HOME SUPPORT SERVICES 296-0937
  220 Montgomery Street, Suite 329
  San Francisco, CA 94104

- CONSUMER CREDIT COUNSELORS OF
  SAN FRANCISCO & PENINSULA ..... S.F. 788-0288
  31 Geary Street ..... Appt 1-800-464-2344
  San Francisco, CA 94108

- E.O.C. - Energy Assistance and
  Free Weatherization Program 641-1833

- F.R.A.I.L. 554-1175
  (FINANCIAL RESOURCES ASSISTING INDEPENDENT LIVING)
  P O Box 11833
  San Francisco, CA 94101

HEAP (Home Energy Assistance Program) 1-800-433-4327
1-800-359-3434

- HOUSING CONSERVATION & DEVELOPMENT CORPORATION 586-8000
  1637 Ocean Avenue
  San Francisco, CA 94112

- INCOME RIGHTS PROJECT 431-9771
  225 Valencia St
  San Francisco, CA 94103

- JEWISH FAMILY & CHILDREN S SERVICES 567-8860
  600 Scott Street
  San Francisco, CA 94115

PACIFIC BELL 1-800-772-3140

PACIFIC GAS & ELECTRIC (Help with customer's bill) 974-1555

PROPERTY TAX ASSISTANCE & POSTPONEMENT 1-800-952-5661

* PUBLIC GUARDIAN (see S.F. Public Guardian/Administrator)

REVERSE ANNUITY MORTGAGE PROGRAM 863-2581
* (INDEPENDENT LIVING RESOURCE CENTER)

* SAN FRANCISCO DEPT. OF SOCIAL SERVICES
170 Otis Street
San Francisco, CA 94103

General Info:	557-5584
General Assistance Info:	558-1248
Food Stamps:	558-1248
Food Stamps & GA Recording:	558-1000
Medi-Cal Recording:	863-9892
Replacement Medi-Cal Card:	557-6071
In-Home Support Service:	557-5251

* SAN FRANCISCO PUBLIC GUARDIAN/ADMINISTRATOR 554-1150
25 Van Ness Ave., Suite 200
San Francisco, CA 94102

SIMON ASSOCIATES 285-3233
(Financial Services for Seniors)
317 Eureka Street
San Francisco, CA 94114

SOCIAL SECURITY OFFICES:
Toll free numbers for Social Security 1-800-234-5772
& Medi-Care 1-800-952-8627

* Chinatown
560 Kearny Street
San Francisco, CA 94108
(Serves zip codes: 08, 11, 33)

(Social Security listings continued on next page)

Social Security Offices (cont'd):

- Civic Center
  10 United Nation Plaza, 5th Floor
  San Francisco, CA 94102
  (Serves zip codes: 02, 03, 04, 05, 09, 19, 20, 21, 23, 29, 30, 39)

- Western Addition
  1426 Fillmore St., Suite 300
  San Francisco, CA 94115
  (Serves zip codes 15, 17, 18)

- Inner Mission
  2601 Mission St.
  San Francisco, CA 94110
  (Serves zip codes 07, 10, 14)

- Hunter's Point
  3801 - 3rd Street, 280 A
  San Francisco, CA 94124
  (Serves zip codes 24, 34, 35)

- Outer Mission
  4377 Mission Street
  San Francisco, CA 94112
  (Serves zip code 12)

- Parkside
  401 Taraval
  San Francisco, CA 94116
  (Serves zip codes 16, 22, 27, 31, 32)

- TRAVELER'S AID SOCIETY OF SAN FRANCISCO 255-2252
  1049 Market Street, 5th Floor
  San Francisco, CA 94102

FOOD/NUTRITION

This section will provide information regarding congregate meal sites for seniors, emergency (free) food sites, home-delivered meals, and other nutrition resources:

CONGREGATE MEAL SITES

According to Title III, Section C-1 of Older American's Act "congregate nutrition services shall be available to persons 60 years of age or older and their spouses, regardless of age. For information and a list of sites, call:

Senior Information and Referral 626-1033

EMERGENCY RESOURCES

* MARTIN DE PORRES (Meals served) 552-0240
  225 Potrero
  San Francisco, CA 94103

* ST. ANTHONY'S DINING ROOM (Meals served) 241-2600
  121 Golden Gate Avenue
  San Francisco, CA 94102

* S.F. FOOD BANK 957-1076
  333 Illinois Street
  San Francisco, CA 94107

NOTE: The San Francisco Free Eats & Free Shelter Chart provides a complete listing of emergency meal and shelter programs throughout the city. For a copy or more information, call: Senior I & R at 626-1033 or United Way HELPLINE 772-HELP.

HOME-DELIVERED MEALS:

According to Title III, Section C-2 of the Older American's Act "home-delivered nutrition services shall be available to any person, age 60 or over, who is homebound by reason of illness, incapacitation, disability, or is otherwise isolated. The spouse of the homebound older person, regardless of age or condition, may receive a home-delivered meal if, according to criteria determined by the Area Agency on Aging, receipt is in the best interest of the homebound older person."

NOTE #1: The Clearinghouse for Home Delivered Meals is listed first for the convenience of social workers or other service providers wishing to obtain this service for a client. The Clearinghouse is responsible for prioritizing client needs and maintaining the waiting lists for all of the home-delivered meal programs. The Clearinghouse can not accept calls directly from clients. (See NOTE #2)

- CLEARINGHOUSE FOR HOME DELIVERED MEALS 495-3660
  965 Mission St. #600
  San Francisco, CA 94103

NOTE #2: The general public may call any of the agencies listed below for information or service:

- 1) CENTRO LATINO DE SAN FRANCISCO 861-8758
  (Inner Mission, Noe Valley)
- 2) KIMOCHI 931-2287
  (Japantown, Richmond, Sunset)
- 3) MEALS ON WHEELS OF SAN FRANCISCO 495-3333
  (Citywide)
- 4) SELF-HELP FOR THE ELDERLY 982-9171
  (Chinatown, Tenderloin, North Beach)
- 5) THIRTIETH STREET SENIOR CENTER 550-2225
  (Mission, Noe Valley, Bernal and Diamond Heights)
- 6) UNITED JEWISH COMMUNITY CENTER (Kosher nutrition) 567-5858
  (Richmond, Sunset) 346-6040
- 7) WESTERN ADDITION SENIOR CENTER [illegible]-[illegible]
  (Western Addition)

OTHER RESOURCES:

* FOOD STAMP PROGRAM 558-1248
  1440 Harrison Street 558-1000
  San Francisco, CA 94103

* ST. FRANCIS MEAL SERVICE 392-7463
  432 Mason
  San Francisco, CA 94102

* SALVATION ARMY SENIOR MEALS & ACTIVITIES PROGRAM Info: 777-5350
  850 Harrison Street (22 sites)
  San Francisco, CA 94107

* S.H.A.R.E. 467-2506
  (Self-help and Resource Exchange)
  (A food co-op sponsored by the American Friends Service Committee)
  2540 Newhall Street
  San Francisco, CA 94124

UNIVERSITY OF CALIFORNIA 871-7559
Cooperative Extension
300 Piedmont, Bldg. "C", Room 305-A
San Bruno, CA 94066
(Provides Nutrition Education only)

FRIENDLY VISITORS

These agencies provide homebound elders who suffer from boredom, isolation and loneliness with a regular visitor:

- ADULT BENEVOLENT ASSOCIATION 552-3838
  121 Golden Gate Avenue
  San Francisco, CA 94102
  Coordinator: Edi Calvert or Bill Klinke

- CATHOLIC CHARITIES OF SAN FRANCISCO 558-7190
  1049 Market Street, 2nd floor 94103
  San Francisco, CA 94103
  Coordinator: Emily McFarland

- Friendship Line for the Elderly 752-4866
  CENTER FOR ELDERLY SUICIDE & GRIEF-
  RELATED SERVICES
  4110 Geary Blvd.
  San Francisco, CA 94118
  Coordinator: Amy Fiske

- GAY/LESBIAN OUTREACH FOR ELDERS (GLOE) 626-7000
  1853 Market Street
  San Francisco, CA 94109
  Coordinator: George Roosen

- JEWISH FAMILY AND CHILDREN SERVICES 567-8860
  1600 Scott Street
  San Francisco, CA 94115
  Coordinator: Debbi Goodman

- LIGHTHOUSE FOR THE BLIND 431-1481
  20 - 10th Street #220
  San Francisco, CA 94103
  Coordinator: Pam Spindler

- LITTLE BROTHERS -- FRIENDS OF THE ELDERLY 771-7957
  481 O'Farrell Street
  San Francisco, CA 94102
  Contact: Miriam Rabinovitz

- MEALS ON WHEELS 495-3333
  965 Mission Street, Suite 600
  San Francisco, CA 94103
  Coordinator: Sharon Pretti

* NATIONAL ASSN FOR THE VISUALLY HANDICAPPED 221-3201
3201 Balboa Street
San Francisco, CA 94121
Coordinator: Jeanine Toussaint-Caron

* ON LOK, INC. 989-2578
831 Broadway ext. 206
San Francisco, CA 94133
Coordinator: Marie Raphael

* Project One-to-One 665-4100
RECREATION CENTER FOR THE HANDICAPPED ext. 241
207 Skyline Blvd.
San Francisco, CA 94132
Coordinator: Harold Lippencott

ST. FRANCIS LUTHERAN CHURCH 621-2635
152 Church Street 861-8705
San Francisco, CA 94114
Coordinator: Phyllis Zillhart

* SENIOR COMPANION PROJECT 929-2468
1010 Gough Street
San Francisco, CA 94122
Coordinator: Shan Magnuson

* SENIOR RESOURCES 753-2405
1750 - 29th Avenue
San Francisco, CA 94122
Coordinator: Ann Havill

* TENDERLOIN ELDER FRIENDS 989-6097
942 Market Street, #612
San Francisco, CA
Coordinator: Ellen Cafferty

* VOLUNTEER INTERCHANGE PROGRAM (VIP) 550-2260
225 - 30th Street
San Francisco, CA 94131
Contact: Jeff Jackson

GAY/LESBIAN SERVICES

The following list of agencies are sensitive to the needs of the lesbian and gay community:

G-40+ 552-1997
P.O. Box 6741
San Francisco, CA 94101

* GAY & LESBIAN OUTREACH TO ELDERS (G.L.O.E.) 626-7000
Operation Concern - Gay & Lesbian Counseling
1853 Market Street
San Francisco, CA 94103

* INNOVATIVE HOUSING 346-0267
1328 "C" McAllister
San Francisco, CA 94115

INSTITUTE FOR ADVANCED STUDY OF HUMAN SEXUALITY 928-1133
1523 Franklin
San Francisco, CA 94109

NATIONAL ALLIANCE OF GAY & LESBIAN GERONTOLOGISTS 255-4567
577 Castro Street, Box 101
San Francisco, CA 94114

PARENTS & FRIENDS OF LESBIANS & GAYS (Parent's Flag) .. 921-8850
P.O. Box 640223
San Francisco, CA 94164

GOVERNMENT OFFICES

CITY AGENCIES:

ANONYMOUS DRUG HOTLINE 553-1600

BOARD & CARE HOMES, NURSING HOMES - Licensed (DSS) 464-1319

* CIVIL SERVICE COMMISSION 557-4800

* MAYOR'S OFFICE, CITIZENS ASSISTANCE CENTER 554-7111

REGISTRAR OF VOTERS 554-4375

SAN FRANCISCO BOARD OF SUPERVISORS: 554-4399

- ACHTENBERG, Roberta 554-5556
- ALIOTO, Angela 554-7788
- BRITT, Harry G. 554-5145
- GONZALEZ, Jim 554-5338
- HALLINAN, Terence 554-7766
- HSIEH, Tom 554-5015
- KENNEDY, Willie B. 554-5734
- MAHER, Bill 554-5401
- MIGDEN, Carole 554-4033
- SHELLEY, Kevin F. 554-4005
- WARD, Doris M. 554-5867

* SAN FRANCISCO COMMISSION ON THE AGING 864-6051
  25 Van Ness #650
  San Francisco, CA 94102

CITY AGENCIES (cont.):

- SAN FRANCISCO DEPT. OF SOCIAL SERVICE — General Info: 864-0948
  170 Otis Street — 557-5000
  San Francisco, CA 94103 — APS Intake: 557-5230
  Adult & Homemaker Chore Services: 557-5251

- SAN FRANCISCO PUBLIC GUARDIAN/ADMINISTRATOR 554-1150
  (Conservatorships)

SMALL CLAIMS DESK - MUNICIPAL COURT — TAPED MESSAGE 554-4565
City Hall, Room 164 — 554-4566

VICTIM - WITNESS ASSISTANCE 553-9044
850 Bryant Street, 3rd Floor, Rm. 320
San Francisco, CA 94103

STATE AGENCIES:

COMMUNITY CARE LICENSING OFFICE 464-1319
(Group homes for the aged -- convalescent care)

DEPARTMENT OF AGING ..... General Info (916) 322-3887
1600 "K" Street — Fax # (916) 327-3661
Sacramento, CA 95814

FRANCHISE TAX BOARD ..... (800) 852-7050
345 Larkin Street — 557-0272
San Francisco, CA 94102

MEDI-CAL INFORMATION 863-9892
150 Otis Street
San Francisco, CA 94103
Mailing address: P.O. Box 7988
San Francisco, CA 94120

STATE ASSEMBLY:

John Burton (16th District) 557-2253
711 Van Ness Ave. #300
San Francisco, CA 94102

Willie Brown (17th District) 557-0784
1388 Sutter St. #1002
San Francisco, CA 94109

Jackie Speier, (19th District) 871-4100
220 South Spruce Rm 101
South San Francisco, CA 94080

STATE SENATE:

Milton Marks (3rd District) 474-0308
711 Van Ness Ave. #310
San Francisco, CA 94102

Quentin Kopp (8th District) 952-5566
363 El Camino Real
South San Francisco, CA 94080

FEDERAL OFFICES:

ADMINISTRATION OF AGING 556-6003
50 United Nations Plaza, Room 480 (Admin. of Aging)
San Francisco, CA 94102

FEDERAL INFORMATION CENTER 1-800-726-4995

IMMIGRATION & NATURALIZATION SERVICE 705-4411
630 Sansome Street, Rm 200
San Francisco, CA 94111

INTERNAL REVENUE SERVICE (Federal tax & info) 839-1040
450 Golden Gate Ave (drop-in) for forms 1-800-TAX-FORM
San Francisco, CA 94102 " " 1-800-829-3676

FEDERAL OFFICES. (cont.):

- SOCIAL SECURITY ADMINISTRATION 1-800-234-5772
  Supplemental Security Income (SSI) 1-800-234-5772
  Medicare Claims & Information 1-800-952-8627

SOCIAL SECURITY OFFICES:

- Bayview-Hunter s Point
  5815 3rd Street
  San Francisco, CA 94124

- Chinatown/North Beach Branch
  560 Kearny Street
  San Francisco, CA 94108

- Civic Center Branch
  10 United Nation Plaza, 5th Floor
  San Francisco, CA 94102

- Inner Mission
  2601 Mission St. @ 22nd. St.
  San Francisco, CA 94110

- Outer Mission
  4377 Mission St.
  San Francisco, CA 94112

- Parkside
  401 Taraval St.
  San Francisco, CA 94116

- Western Addition
  1426 Fillmore St., Suite 300
  Sar Francisco, CA 94115

VETERANS ADMINISTRATION General Information: 495-8900
211 Main Street
San Francisco, CA 94105

U.S. CONGRESS:

Alan Cranston (Senator) 556-8440
1390 Market Street, Suite 918
San Francisco, CA 94102

John Seymour (Senator) 556-4307
250 Sutter, Suite 400
San Francisco, CA 94108

Barbara Boxer 626-6943
Congresswoman - 6th District
450 Golden Gate Ave., Rm 13102
San Francisco, CA 94102

Nancy Pelosi 556-4862
Congresswoman - 5th District
450 Golden Gate Ave., Rm 13470
San Francisco, CA 94102

HEALTH CLINICS AND SCREENING PROGRAMS

- (SAN FRANCISCO) DEPARTMENT OF PUBLIC HEALTH 554-2500
  101 Grove Street (Administration Office)
  San Francisco, CA 94102

- (SAN FRANCISCO) DEPARTMENT OF PUBLIC HEALTH --
  Health Centers and Clinics:

  #1 - 3850 17th Street ..... Public Health Nurse 554-9770
  San Francisco, CA 94114 ..... Clinic 554-9750

  #2 - 1301 Pierce Street 292-2124
  San Francisco, CA 94115

  #3 - 1525 Silver Avenue 468-3664
  San Francisco, CA 94134

  #4 - 1490 Mason Street 558-3158
  San Francisco, CA 94133 558-2011

  #5 - 1351 24th Avenue 661-4400
  San Francisco, CA 94122

  POTRERO HILL HEALTH CENTER 648-3022
  1050 Wisconsin Street 821-8648
  San Francisco, CA 94107

  SOUTHEAST HEALTH CENTER 822-2850
  2401 Keith Street
  San Francisco, CA 94124

  TOM WADDELL CLINIC 55--2950
  50 Ivy Street
  San Francisco, CA 94102

- GERIATRIC ASSESSMENT SERVICES (MT. ZION) 885-7521
  S.F. Institute on Aging
  1600 Divisadero St
  San Francisco, CA 94115

HAIGHT ASHBURY FREE MEDICAL CLINIC 431-1714
558 Clayton Street
San Francisco, CA 94117

LAKESIDE SENIOR MEDICAL CENTER 586-8600
(A Senior Services of Mt. Zion)
2501 Ocean Ave.
San Francisco, CA 94132

* MISSION NEIGHBORHOOD HEALTH CENTER 552-3870
240 Shotwell St.
San Francisco, CA 94110

* NATIVE AMERICAN HEALTH CENTER 621-8051
56 Julian
San Francisco, CA 94103

* NORTHEAST MEDICAL SERVICES 391-9686
1520 Stockton Street
San Francisco, CA 94133

* NORTH OF MARKET SENIOR SERVICES 885-2274
333 Turk Street
San Francisco, CA 94102

* PACIFIC PRESBYTERIAN MEDICAL CENTER 923-3254
Geropsychiatric Unit
2323 Sacramento Street
San Francisco, CA 94115

* ST. ANTHONY'S FOUNDATION 241-2600
St. Anthony's Clinic
121 Golden Gate Ave.
San Francisco, CA 94102

- ST. MARY PHILIPPA MEMORIAL CLINIC 750-5500
  2235 Hayes Street, 5th Floor
  San Francisco, CA 94117

- SOUTH OF MARKET HEALTH CENTER 626-2951
  551 Minna Street
  San Francisco, CA 94103

- VETERANS ADMINISTRATION MEDICAL CENTER 221-4810
  4150 Clement Street
  San Francisco, CA 94121

A.I.D.S./HIV

* AIDS HEALTH SERVICES PROGRAM 476-8695
UNIVERSITY OF CALIFORNIA AT SAN FRANCISCO 476-8265
1388 Sutter St., 11th Floor
San Francisco, CA 94109

NORTHERN CALIFORNIA HOTLINE 1-800-FOR-AIDS

* OPERATION CONCERN (G.L.O.E.) 626-7000
GAY & LESBIAN OUTREACH TO ELDERS
1853 Market Street
San Francisco, CA 94103

SAN FRANCISCO AIDS FOUNDATION ..... Hotline: 863-AIDS
333 Valencia Street, 4rd Floor Business Office: 864-4376
San Francisco, CA 94103

SHANTI PROJECT 777-2273
525 Howard Street 777-CARE
San Francisco, CA 94105
Counseling and emotional support to AIDS victims,
their loved ones and family.
Support groups usually meet in the evening.

U.C.S.F. AIDS HEALTH PROJECT 476-6430
Mailing Address: BOX 0884
1855 Folsom Street, Ste. 506
San Francisco, CA 94143-0884
(For information on AIDS Support Groups and
risk reduction)

* VISITING NURSES ASSOCIATION & HOSPICE OF SAN FRANCISCO 861-8705
Home Health & Hospice Programs TDD 552-8349
1390 Market Street, Suite 510
San Francisco, CA 94102

ALZHEIMER:

- ALZHEIMER'S DAY CENTER 885-7570
  Mt. Zion Hospital & Medical Center
  2356 Sutter St.
  San Francisco, CA 94120

- FAMILY SURVIVAL PROJECT FOR BRAIN DAMAGED ADULTS, INC. 434-3388
  425 Bush Street, #500
  San Francisco, Ca 94108

- MEMORY & ALZHEIMER CENTER - UCSF 476-7602
  1350 - 7th Avenue 476-7606
  San Francisco, CA 94143

- PACIFIC PRESBYTERIAN MEDICAL CENTER (30TH St. Center) 550-2240
  Alzheimer's Day Care Resource Center
  225 - 30th Street
  San Francisco, CA 94131

ARTHRITIS:

ARTHRITIS CENTER - UC MEDICAL CENTER 476-1192
(Rosalind Russell Center)
400 Parnassus Avenue, A-583
San Francisco, CA 94143-0328

ARTHRITIS CLINIC OF U.C.S.F. 476-3971
400 Parnassus, Room 540
San Francisco, CA 94143

- ARTHRITIS FOUNDATION (Northern California Chapter) 673-6882
  203 Willow Street, Suite 201
  San Francisco, CA 94109

CANCER:

- AMERICAN CANCER SOCIETY 394-7100
  973 Market Street, Suite 550
  San Francisco, CA 94102

CEREBRAL PALSY:

- UNITED CEREBRAL PALSY ASSOCIATION OF SAN FRANCISCO . . . 255-0101
  1435 Market Street, 2nd Floor
  San Francisco, CA 94102

DIABETES:

* AMERICAN DIABETES ASSOC. OF NORTHERN CALIFORNIA 777-4499
  55 Hawthorne St., Ste. 410
  San Francisco, CA 94105

HEARING & SPEECH

* DEAF COUNSELING ADVOCACY & REFERRAL AGENCY .....Voice: 821-6219
  (DCARA) TDD: 821-6216
  3120 Mission Street Administrative: 895-2430
  San Francisco, CA 94110

* HEARING SOCIETY FOR THE BAY AREA 863-4710
  20 - 10th St., 2nd Floor, Suite 200. TTY: 863-2550
  San Francisco, CA 94103 Hearing test by phone: 863-4779

* ST. BENEDICT'S CENTER FOR THE DEAF 922-9453
  2891 Bush Street .
  San Francisco, CA 94115

* ST. LUKE'S HEARING AND SPEECH 282-2551
  1580 Valencia #508
  San Francisco, CA 94110

* SAN FRANCISCO HEARING AND SPEECH CENTER 921-7658
  1234 Divisadero TTY: 921-8990
  San Francisco, CA 94115

* SAN FRANCISCO SPCA HEARING DOG PROGRAM 554-3020
  2500 16th Street
  San Francisco, CA 94103

* U. C. CENTER ON DEAFNESS 476-4980
  3333 California Street, #10 TTY: 476-7600
  San Francisco, CA 94143-1208

HEART:

* AMERICAN HEART ASSOCIATION, SF Chapter 433-2273
  120 Montgomery St., Suite 1650
  San Francisco, CA 94104

MEDICATION EDUCATION:

* SR_X - SENIOR MEDICATION EDUCATION PROGRAM 558-3767
  1182 Market Street, Room 204
  San Francisco, CA 94102

MULTIPLE SCLEROSIS:

- NATIONAL MULTIPLE SCLEROSIS SOCIETY 268-0572
  Northern California Branch 1-800-344-4867
  520 3rd Street, Suite 104
  Oakland, CA 94607

MUSCULAR DYSTROPHY:

MUSCULAR DYSTROPHY ASSOCIATION, INC. 570-6166
561 Pilgrim Drive #C
Foster City, CA 94404

PODIATRY:

- PACIFIC COAST HOSPITAL & FOOT CLINICS ..... Clinic: 563-3444
  1835 Ellis Street Reception Desk: 292-0430
  San Francisco, CA 94115

REHABILITATION:

- CALIFORNIA STATE DEPARTMENT OF REHABILITATION 771-7200
  2720 Taylor #420 TTY: 626-8825
  San Francisco, CA 94133-1285
  and
  30 Van Ness Ave #3200 557-3800
  San Francisco, CA 94102-6027

- INDEPENDENT LIVING RESOURCE CENTER OF SAN FRANCISCO ... 863-0581
  70 10th Street TTY: 863-1367
  San Francisco, CA 94103

- ST. MARY'S (C.O.R.F.) 334-4000
  Comprehensive Outpatient Rehabilitation Facility
  35 Onondaga Ave
  San Francisco, CA 94112

- RECREATION CENTER FOR THE HANDICAPPED 665-4100
  207 Skyline Blvd
  San Francisco, CA 94132

- ROSE RESNICK CENTER FOR THE BLIND & HANDICAPPED 441-1980
  1299 Bush Street
  San Francisco, CA 94109

SIGHT:

* FREDERICK CORDES EYE CLINIC 476-2142
  UCSF
  400 Parnassus 7th Floor
  San Francisco, CA 94143

* LIGHTHOUSE FOR THE BLIND 431-1481
  20 10th Street, Suite 220
  San Francisco, CA 94103

* NATIONAL ASSOCIATION FOR THE VISUALLY HANDICAPPED 221-3201
  3201 Balboa
  San Francisco, CA 94121

* NATIONAL EYE CARE PROJECT (FOUNDATION OF THE 1-800-222-EYES
  AMERICAN ACADEMY OF OPHTHALMOLOGY) 1-800-222-3937
  65 Years or older, an American citizen
  or legal resident

* NORTHERN CALIFORNIA SOCIETY TO PREVENT BLINDNESS 387-0934
  4200 California Street, Suite 101
  San Francisco, CA 94118

* ROSE RESNICK CENTER FOR THE BLIND & HANDICAPPED 441-1980
  1299 Bush Street
  San Francisco, CA 94109

* S.F. PUBLIC LIBRARY FOR THE BLIND 292-2022
  3150 Sacramento Street
  San Francisco, CA 94115-2090

SPEECH: (See "Hearing & Speech")

TUBERCULOSIS:

* AMERICAN LUNG ASSOCIATION OF SAN FRANCISCO 543-4410
  562 Mission St., Suite 203 Tel Med: 882-7880
  San Francisco, CA 94105-2910

OTHER/MISCELLANEOUS

- BAY AREA PHYSICIANS FOR HUMAN RIGHTS ..... Ans. Service: 673-3189
  2940 16th Street, Suite 309
  San Francisco, CA 94103

- COMING HOME HOSPICE 861-8705
  OF SAN FRANCISCO
  115 Diamond Street
  San Francisco, CA 94114

- COMMUNITY & HOME INJURY PREVENTION PROJECT 621-3017
  FOR SENIOR (CHIPPS)
  1182 Market Street, Rm 204
  San Francisco, CA 94102

- ELDERCARE PROGRAM 558-5104
  San Francisco Department of Public Health/OSHS
  1182 Market Street, Room 204
  San Francisco, CA 94102

- FAMILY SURVIVAL PROJECT 434-3388
  (For brain-damaged adults)
  425 Bush St #500
  San Francisco, CA 94108

- G.L.O.E. (Gay and Lesbian Outreach to Elders) 626-7000
  (Operation Concern)
  1853 Market
  San Francisco, CA 94103

  GOING HOME - MT. ZION HOSPITAL & MEDICAL CENTER 885-7328
  (Tapes and materials for families caring for
  patients at home to view at Mt. Zion)
  1600 Divisadero Street
  San Francisco, CA 94115
  Ask for Carmel Finigan

- HOSPICE PROGRAM OF VISITING NURSES & HOSPICES OF S.F. 861-8705
  1390 Market Street, Suite 510
  San Francisco, CA 94102

OTHER/MISCELLANEOUS:

* SAN FRANCISCO LINKAGES 885-7590
Mt. Zion Health Systems
San Francisco Institute on Aging
2356 Sutter Street
San Francisco, CA 94115

* SAN FRANCISCO MEDICAL SOCIETY 567-6230
250 Masonic Street
San Francisco, CA 94118

* SAN FRANCISCO M.S.S.P 885-7590
(San Francisco Multi-purpose Senior Services Program)
Mt. Zion Health Systems
San Francisco Institute on Aging
2356 Sutter Street, 2nd Floor
* San Francisco, CA 94115

THIRTIETH (30TH) STREET SENIOR SERVICES
CALIFORNIA PACIFIC MEDICAL CENTER 550-2250
Out Patient Rehabilitation Center
225 30th Street
San Francisco, CA 94131

HOMELESS

Included below are resources helping persons that are homeless in San Francisco:

Information & Referral Services:

Emergency Housing Assistance 557-6201
150 Otis Street, San Francisco, CA 94103

* Homelessness Prevention Helpline of United Way 772-HELP

* Senior Information & Referral 626-1033

Note: The San Francisco Free Eats & Free Shelter Chart provides a complete listing of emergency meal and shelter programs throughout the city. For a copy or for more information, call Senior I & R at 626-1033 or United Way Helpline at 772-HELP.

Shelters:

Cadillac Hotel (Agencies call) 776-1500
380 Eddy Street, San Francisco, CA 94102

* Canon Kip Shelter (Men) 863-3893
174 - 8th Street, San Francisco, CA 94103

* Episcopal Sanctuary (Women primarily) 863-3893
201 8th Street, San Francisco, CA 94103

Hamilton Family Shelter 776-2102
1525 Waller Street, San Francisco, CA 94117

* Hospitality House 776-2102
146 Leavenworth Street, San Francisco, CA 94102

Shelters (cont.):

Multi-Service Center-Pierce Arrow (Men) 292-2182
1001 Polk Street, San Francisco, CA 94109

Multi-Service Center-South of Market (Men) 597-7960
525 - 5th Street

* Raphael House 474-4621
1065 Sutter Street, San Francisco, CA 94109

* St. Anthony's .....(2 pm - 8:30 am) 241-2687
(8:30 am - 2 pm) 241-2688

* Salvation Army 474-6364
341 Eddy Street, San Francisco, CA 94102

HOSPITALS

CALIFORNIA PACIFIC MEDICAL CENTER (Calif. Campus) . 387-8700
3700 California St.
San Francisco, CA 94118

CALIFORNIA PACIFIC MED. CTR. (Calif. Campus, East) 387-8700
3773 Sacramento St.
San Francisco, CA 94118

* CALIFORNIA PACIFIC MED. CENTER (Pacific Campus) 563-4321
2333 Buchanan Street
San Francisco, CA 94115

CHINESE HOSPITAL 982-2400
845 Jackson St.
San Francisco, CA 94133

DAVIES MEDICAL CENTER 565-6779
Castro and Duboce Street
San Francisco, CA 94114

KAISER HOSPITAL/FRENCH CAMPUS 666-8000
4131 Geary Blvd.
San Francisco, CA 94118

KAISER PERMANENTE CENTER 929-4000
San Francisco Medical Center
2425 Geary Blvd.
San Francisco, CA 94115

* LAGUNA HONDA HOSPITAL 664-1580
375 Laguna Honda Blvd.
San Francisco, CA 94116

LANGLEY PORTER PSYCHIATRIC HOSPITAL 476-7000
401 Parnassus Ave
San Francisco, CA 94143

LETTERMAN GENERAL HOSPITAL 561-2231
(US Army Presidio)
San Francisco, CA 94129-6700

* MOUNT ZION MEDICAL CENTER OF U C S F 567-6600
1600 Divisadero Street
San Francisco, CA 94115

ST. FRANCIS MEMORIAL HOSPITAL 775-4321
900 Hyde Street
San Francisco, CA 94109

ST. LUKE'S HOSPITAL 647-8600
3555 Army Street
San Francisco, Ca 94110

* ST. MARY'S HOSPITAL MEDICAL CENTER 668-1000
450 Stanyan Street
San Francisco, CA 94117

* SAN FRANCISCO GENERAL HOSPITAL 821-8200
1001 Potrero Ave
San Francisco, CA 94110

SETON MEDICAL CENTER 992-4000
1900 Sullivan Avenue
Daly City, CA 94015

* UNIVERSITY OF CALIFORNIA 476-1000
San Francisco Medical Center
505 Parnassus
San Francisco, CA 94143

* VETERAN'S ADMINISTRATION HOSPITAL 221-4810
4150 Clement Street
San Francisco, CA 94121

HOUSING AND RELATED SERVICES

	EMERGENCY	PERMANENT	I & R	REFERRS
• ADULT BENEVOLENT ASSOCIATION (St. Anthony's) 121 Golden Gate Ave San Francisco, CA 94102 241-2660			●	
• AMERICAN RED CROSS 1550 Sutter Street San Francisco, CA 94109 776-1500	●			
CADILLAC HOTEL (Refer by agency only) 380 Eddy Street San Francisco, CA 94102 673-7223	●	●		
• CASA DE LAS MADRES, LA P.O. Box 27236 San Francisco, CA 94127 334-1818	●			
C.E.R.F. (Code Enforcement Rehabilitation Fund) 558-6209			●	●
C.H I.P.P.S. (Provides minor home safety repairs) 1182 Market St., Rm. 204 San Francisco, CA 94102 621-3017				●
C.H.R.P. (Community Housing Rehabilitation Program) 554-8777 (Mayor's Office)				●
• ENTERPRISE HOME SERVICES 445 Grant Ave., Suite 200 San Francisco, CA 94108 982-9171 Ext. 19				●

	EMERGENCY	PERMANENT	I & R	REPAIRS
H.E.A.P. (Home Energy Assist. Program) 1-800-433-4327 1-800-359-3434			●	
HOUSING AUTHORITY 440 Turk Street San Francisco, CA 94102 554-1200		●		
* HOUSING COMMITTEE AT OLD ST. MARY'S 660 California Street San Francisco, CA 94108 398-0724			●	
* HOUSING CONSERVATION & DEVELOPMENT CORP. 1637 Ocean Avenue San Francisco, CA 94112 586-8000				●
* INDEPENDENT HOUSING SERVICE 25 Taylor Street San Francisco, CA 94102 441-6781 441-6791 (TTY)	●	●	●	
* INNOVATIVE HOUSING 2169 East Francisco Blvd. Suite "E" San Rafael, CA 94901		●		
* JEWISH HOUSING BUREAU Jewish Family & Children's 1600 Scott Street San Francisco, CA 94115 567-8860 (Shared Housing)		●		
* LUTHERAN CARE FOR THE AGING 1031 Franklin Street San Francisco, CA 94109 441-7777 (Accepts referrals from agencies only)	●		●	

	EMERGENCY	PERMANENT	I & R	REPAIRS
• MAYOR'S CITIZEN ASSISTANCE CENTER City Hall, Room 160 San Francisco, CA 94102 554-7111			●	
• NIGHT MINISTRY, S.F. 432 Mason Street San Francisco, CA 94102-1799 986-1464	●			
NORTH OF MARKET PLANNING COALITION 295 Eddy Street San Francisco, CA 94102 474-2164			●	
PROJECT HELP (Insulation Repairs for low-income persons)				●
• ARRIBA JUNTOS 2017 Mission Street San Francisco, CA 94110 863-9307				
• RAPHAEL HOUSE (For families) 1065 Sutter Street San Francisco, CA 94109 474-4621	●			
• RESIDENTIAL RENT STABILIZATION & ARBITRATION BOARD 25 Van Ness Av. Room 320 San Francisco, CA 94102 554-9550			●	

	EMERGENCY	PERMANENT	I & R	REPAIRS
* Reverse Annuity Mortgage INDEPENDENT LIVING RESOURCE CENTER 70 - 10th Street San Francisco, CA 94103 863-0581			●	
* SALVATION ARMY 360 4th Street San Francisco, CA 94103 (Helps evictees) 777-2677	●		●	●
* SALVATION ARMY, FAMILY SERVICE AGENCY 445 9th Street San Francisco, CA 94103 861-0755	●		●	●
SAN FRANCISCO ASSC. OF RESIDENTIAL CARE HOMES, INS. Pat Nobis, Director 760 - 35th Avenue San Francisco, CA 94121 387-3292		●	●	
* S.F. HOUSING CONSORTIUM CLEARINGHOUSE 25 Taylor Street San Francisco, CA 94102 928-4663 or 928-HOME	●	●	●	
* S.F. RESIDENTIAL CARE FACILITY FOR THE ELDERLY REFERRAL SERVICE 445 Grant Avenue, 2nd floor San Francisco, CA 94108 399-1750			●	
* SAN FRANCISCO TENANTS UNION 558 Capp Street (@ 21st St.) San Francisco, CA 94110 282-6622			●	

	EMERGENCY	PERMANENT	I & R	REPAIRS
• SHERIFF'S EVICTEE PROGRAM (For those being evicted) 70 Tenth Street, 3rd Floor San Francisco, CA 94103 554-7635	●		●	
• SENIOR INFORMATION, REFERRAL AND HEALTH PROMOTION 1182 Market Street, Room 320 San Francisco, CA 94102 626-1033			●	
• SENIOR RESOURCES 1750 29th Ave San Francisco, CA 94122 753-2405 or 753-2406			●	
TENDERLOIN HOUSING CLINIC 49 Powell, 5th floor San Francisco, CA 94102 398-0452 (Helps with evictions) Drop-in clinic: Mon-Fri, 10-12 and 1-3			●	
• TRAVELERS' AID SOCIETY 1049 Market Street, 5th Floor San Francisco, CA 94102 255-2252	●			
• UNITED WAY INFORMATION & REFERRAL -- HELPLINE 1435 Market Street, 4th Fl. San Francisco, CA 94103 772-4357 554-2445 (TDD)			●	
• W.O.M.A.N., Inc 2940 16th Street San Francisco, CA 94110 864-4722 - 24 hr. hotline	●			

INFORMATION AND REFERRAL

Information and Referral is a service which informs, guides, directs and links people in need to the appropriate human service which alleviates or eliminates that need.

Because of the number of service options, entry into the system by individuals in need can be very difficult. I&R services provide access into the human service network by collecting and sharing information about available options, and by enabling help-seekers to make informed decisions.

* LA RAZA INFORMATION CENTER 826-5855
  2588 Mission Street, Suite 212
  San Francisco, CA 94110

* MAYOR'S OFFICE, CITIZENS ASSISTANCE CENTER 554-7111

  SAN FRANCISCO DEPARTMENT OF SOCIAL SERVICES -
  INFORMATION AND REFERRAL 557-5584

* SENIOR INFORMATION AND REFERRAL 626-1033
  1182 Market Street, Room 320
  San Francisco, CA 94102

* UNITED WAY INFORMATION & REFERRAL -- HELPLINE 772-4357
  United Way of the Bay Area or 772-HELP
  1435 Market St., 4th Fl. TTY 554-2445
  San Francisco, CA 94103

IN-HOME SUPPORT AND HOMEMAKER SERVICE

The following agencies provide (in-home) supportive care and services ranging from homemaker to registered nurses, depending upon need:

	MEDI-CAL	MEDICARE	HOMEMAKER	NON-PROFIT	24 HOUR SERVICE
AMERICAN NURSING RESOURCES 801 Lincoln Way #B San Francisco, CA 94122 753-6005			●		●
AUNT ANN'S AGENCY 760 Market, Suite 539 San Francisco, CA 94102 421-8442			●	●	
BRISTOL-HARAN AGENCY 1212 Broadway, #540 Oakland, CA 94612 775-9100			●		●
* CATHOLIC CHARITIES 1049 Market Street San Francisco, CA 94103 864-7400			●	●	
CHILDREN'S HOSPITAL 3700 California St San Francisco, CA 94118 666-7771 (Ask for discharge planner)	●	●	●	●	●

	MEDI-CAL	MEDICARE	HOMEMAKER	NON-PROFIT	24 HOUR SERVICE
CHS HOME HEALTH 399 Buena Vista East San Francisco, CA 94117 621-4562	●	●	●		●
COMPREHENSIVE COMMUNITY HOME HEALTH AND HOSPICE PO Box 358 Brisbane, CA 94017 330-3333	●	●	●		●
* ECONOMIC OPPORTUNITY COUNCIL 70 10th Street San Francisco, CA 94103 863-2121, Ext. 310			●	●	
HERE'S HELP, Inc. 3251 Sacramento St. San Francisco, CA 94115 931-4357			●		●
* INDEPENDENT LIVING RESOURCE CENTER OF SAN FRANCISCO 70 10th Street San Francisco, CA 94103 863-0581 863-1367 (TTY)			●		●
* JEWISH FAMILY & CHILDREN'S SERVICE Home Care Division 1600 Scott Street San Francisco, CA 94115 567-8860			●	●	

IN-HOME SUPPORT AND HOMEMAKER SERVICE (Continued)

	MEDI-CAL	MEDICARE	HOMEMAKER	NON-PROFIT	24 HOUR SERVICE
KIMBERLY QUALITY CARE 717 Market Street, #417 San Francisco, CA 94103 957-9933			●		●
MEDICAL PERSONNEL POOL 1725 Clay St., #100 San Francisco, CA 94109 673-7500			●		●
MEYER CARE HEALTH SERVICES 412 Red Hill Avenue, #14 San Anselmo, CA 94960 453-7722			●		●
NATIONAL HOMECARE SYSTEM 1453 Mission Street, 4th Floor San Francisco, CA 94103 863-2474	●		●	●	
OLSTEN HEALTH CARE 870 Market Street #605 San Francisco, CA 94102 956-8773			●		●
OPTIONS DOMESTIC REFERRAL SERVICE 3543 18th Street San Francisco, CA 94110 626-2128			●	●	
PROFESSIONAL NURSES BUREAU 1375 Sutter Street #412 San Francisco, CA 94109 474-4719			●		●

IN-HOME SUPPORT AND HOMEMAKER SERVICE (Continued)

	MEDI-CAL	MEDICARE	HOMEMAKER	NON-PROFIT	24 HOUR SERVICE
* SAN FRANCISCO DEPARTMENT OF SOCIAL SERVICES 170 Otis Street San Francisco, CA 94103 557-5060 or 557-5254	●		●	●	
* SELF-HELP FOR THE ELDERLY 445 Grant Ave.,2nd Floor San Francisco, CA 94108 982-9171	●	●	●	●	●
STAFF BUILDERS 77 Geary Street San Francisco, CA 94108 391-0123			●		●
STAT NURSING SERVICE INC. 1545 Broadway San Francisco, CA 94109 673-9791			●		●
UPJOHN HEALTH CARE SERVICES 945 Front St., #103 San Francisco, CA 94111 956-6222		●	●		●
* VISITING NURSE ASSOCIATION & HOSPICE OF SAN FRANCISCO 1390 Market St., Suite 510 San Francisco, CA 94102 861-8705 552-8349 (TTY)	●	●	●		

INSURANCE COUNSELING (HEALTH)

Health Insurance Counseling and Advocacy Program (HICAP) assists individuals and families with Medicare problems and other health insurance concerns. Trained volunteer counselors provide objective information on Medicare or will help individuals file Medicare or other health insurance claims, understand his or her coverage and consumer rights, and evaluate his or her insurance and health care needs.

- Health Insurance Counseling & Advocacy Program 861-4444
  (HICAP)
  LEGAL ASSISTANCE FOR THE ELDERLY
  1453 Mission Street, 5th Fl.
  San Francisco, CA 94103

LEGAL ASSISTANCE

The following agencies provide assistance with matters pertaining to the law (e.g., wills, durable power of attorney, etc.) or related matters:

* AMERICAN CIVIL LIBERTIES UNION 621-2493
  1663 Mission Street #460
  San Francisco, CA 94103

* ASIAN LAW CAUCUS 391-1655
  468 Bush Street 835-1474
  San Francisco, CA 94108

* COMING HOME SUPPORT SERVICES 296-0937
  220 Montgomery Street, Suite 329
  San Francisco, CA 94104

* CONSUMER & ENVIRONMENTAL PROTECTION UNIT 553-1814
  DISTRICT ATTORNEY'S OFFICE
  732 Brannan Street
  San Francisco, CA 94103

* F.R.A.I.L. (FINANCIAL RESOURCES 554-1175
  ASSISTING INDEPENDENT LIVING)
  P.O. Box 11833
  San Francisco, CA 94101

* INCOME RIGHTS PROJECT 431-9771
  225 Valencia Street
  San Francisco, CA 94103

* LAWYER REFERRAL SERVICE 764-1616
  Bar Association of San Francisco
  685 Market Street, Suite 700
  San Francisco, CA 94105

  LEGAL AID SOCIETY OF S.F. 864-8848

* LEGAL ASSISTANCE TO THE ELDERLY 861-4444
  1453 Mission St., 5th Fl.
  San Francisco, CA 94103

- MISSION COMMUNITY LEGAL DEFENSE ..... Legal: 552-7208
  2940 16th Street #301 Immigration: 552-7194
  San Francisco, CA 94103

- NIHONMACHI (Japanese Legal Outreach) 567-6255
  1840 Sutter Street, Suite 205
  San Francisco, CA 94115

- OFFICE OF CONSERVATORSHIP SERVICES 255-3680
  San Francisco Department of Public Health
  1380 Howard Street
  San Francisco, CA 94103

- PATIENTS' RIGHTS ADVOCACY SERVICES (P.R.A.S) 552-8100
  2325 3rd St. #422
  San Francisco, CA 94107

- SAN FRANCISCO LAWYERS' COMMITTEE FOR URBAN AFFAIRS 543-9444
  301 Mission Steet, Suite 400
  San Francisco, CA 94105

- SAN FRANCISCO NEIGHBORHOOD LEGAL ASSISTANCE 627-0200
  49 Powell Street
  San Francisco, CA 94102

- SAN FRANCISCO PUBLIC GUARDIAN 554-1150
  25 Van Ness Ave., Suite 200
  San Francisco, CA 94102

SMALL CLAIMS COURT 554-4566
Municipal Court, City Hall
San Francisco, CA 94102

STATE BAR OF CALIFORNIA 561-8200
555 Franklin at McAllister
San Francisco, CA 94102
(For Do-it-yourself Wills, send check or money order for $1.00payable to State Bar of California - Wills Forms, Box 411, S.F. CA 94101 - and ask for Standard Will or Will With Trust Form)

LICENSING & CERTIFICATION

The following agencies serve as the licensing and certification bodies for several of the agencies serving the elderly:

Adult Day Health Centers

License required. For information contact:

* San Francisco District Office of CA Department of Health Services, Licensing and Certification Division
  939 Market Street, Rm 100, San Francisco, CA 94103
  557-1711

Adult Social Day Care

License required. For information contact:

State Department of Social Services
Community Care Licensing Division
851 Traeger Avenue, San Bruno, CA 94066
266-8800

Board & Care Homes/Residential Care Facilities (for non-medical care)

Licensing Bureau for non-medical care:

State Department of Social Services
Community Care Licensing Division
851 Traeger Avenue, San Bruno, CA 94066
266-8800

Congregate Meal Sites & Home-Delivered Meals

No license from state required.
County health inspection required, for information contact:

State Department of Aging
1 (916) 323-8128 or,

Commission on Aging
864-6051

Convalescent Homes (Skilled Nursing Facilities)

License required, for information contact. Same as Adult Day Health Centers (listed above)

Hospice

Licensed required, for information contact: Same as Adult Day Health Centers

In-Home Health Care & Homemaker Service/Home Health Agencies

Licensing required for health agencies (nursing services), for information contact: Same as Adult Day Health Centers (listed above.)

For reporting purposes, contact:

Department of Social Services 557-5267

Retirement Homes

No license required.

Senior Centers

No license required. However, for information regarding setting up a senior center or other general information, please contact:

Department of Aging 1-916-322-9298

MENTAL HEALTH

BAY AREA SELF-HELP CENTER 921-4044
(Affiliated with Mental Health
Association of San Francisco - provides
information and referral about self-help
groups and how to start them.)

CENTER FOR SPECIAL PROBLEMS 558-4801
1700 Jackson (corner of Van Ness)
San Francisco, CA 94109

DEPARTMENT OF PUBLIC HEALTH, S.F.:

* GERIATRIC ASSESSMENT SERVICE 885-7521
  S.F. Institute on Aging
  (Mt. Zion Hospital and Medical Center)
  1600 Divisadero St.
  San Francisco, CA 94115

* GERIATRIC MENTAL HEALTH SERVICES 558-4671
  (Tenderloin, South of Market to Bush, Central City)
  CMHS - COMMUNITY MENTAL HEALTH SERVICES
  Central City Seniors Unit
  1182 Market Street, 2nd Floor
  San Francisco, CA 94102
  Linda LiBrize, CNS

* GERIATRIC MENTAL HEALTH SERVICES 337-4722
  (Southeast Mission)
  CMHS - COMMUNITY MENTAL HEALTH SERVICES
  3905 Mission Street
  San Francisco, CA 94112
  Mary Emma Dean, LCSW

  810 Capp Street (After 5 pm and weekends) 558-2071
  San Francisco, CA 94110

* GERIATRIC MENTAL HEALTH SERVICES 474-7310 X254
  (Western Addition, Pacific Heights,
  Marina, Fillmore, Haight, parts of Tenderloin)
  CMHS - COMMUNITY MENTAL HEALTH SERVICES
  Family Service Agency
  1010 Gough Street
  San Francisco, CA 94109
  Gail Lashman-McBride, LCSW, Program Director

DEPARTMENT OF PUBLIC HEALTH, S.F. (cont.):

- GERIATRIC MENTAL HEALTH SERVICES 398-0981
  (Chinatown, North Beach)
  CMHS - COMMUNITY MENTAL HEALTH SERVICES
  1548 Stockton Street
  San Francisco, CA 94133
  Rudy Kao, Geriatric Manager

- GERIATRIC MENTAL HEALTH SERVICES 753-6073
  (OMI, Richmond, Sunset)
  CMHS - COMMUNITY MENTAL HEALTH SERVICES
  Children's Hospital program at:
  1351 42nd Avenue
  San Francisco, CA 94122
  Kenneth Passamaneck, M.D.

  Note:
  EMERGENCY Psychiatry at SF GENERAL 821-8125
  for all Geriatric Service Centers

- DEPARTMENT OF PUBLIC HEALTH, S.F. 255-3680
  OFFICE OF CONSERVATORSHIP SERVICES
  1380 Howard Street #232
  San Francisco, CA 94103
  (Provides conservatorships for mentally ill or those clients unable to provide own food and/or shelter)

- FAMILY SURVIVAL PROJECT 434-3388
  (Stroke & brain damaged adults)
  425 Bush Street #500
  San Francisco, CA 94108

FORT HELP 546-7779
965 Mission Street #520
San Francisco, CA 94103

McAULEY NEUROPSYCHIATRIC INSTITUTE 750-5661
450 Stanyan Street
San Francisco, CA 94117

* MEMORY CLINIC AND ALZHEIMER CENTER 476-7606
  University of California at S.F. 476-7605
  1350 - 7th Ave, CSBS 228
  San Francisco, CA 94143

* MENTAL HEALTH ASSOCIATION OF SAN FRANCISCO 921-4401
  2398 Pine
  San Francisco, CA 94115

* OPERATION CONCERN 626-7000
  GAY & LESBIAN OUTREACH TO ELDERS (G.L.O.E.)
  1853 Market Street
  San Francisco, CA 94103

* PATIENTS' RIGHTS ADVOCACY SERVICES (P.R.A.S.) 552-8100
  2325 3rd St. #422
  San Francisco, CA 94107

* PROGRESS FOUNDATION .. .. RypinsHouse): 821-0697
  (Residential & Day Treatment) Crisis: 861-0828
  1405 Guerrero Street Carroll House: 821-1610
  San Francisco, CA 94110

* SF SUICIDE PREVENTION, Inc. ..... CMHS Line: 387-5100
  3940 Geary Street (Not for publication) Crisis: 221-1423
  San Francisco, CA 94118 Office: 861-0828

PROFESSIONAL SOCIETIES & GROUPS

ADMINISTRATION ON AGING 556-6003
50 United Nations Plaza - Regional 9 Office

- AMERICAN SOCIETY ON AGING 882-2910
833 Market Street, Room 512
San Francisco, CA 94103

- CASE (Coalition of Agencies Serving the Elderly) 626-1033
1182 Market Street, Room 320
San Francisco, CA 94102

GERONTOLOGICAL SOCIETY ..... (202) 842-1275
1275 K Street N.W., Suite #350
Washington, DC 20005-4006

NATIONAL COUNCIL ON AGING (NCOA) ..... (213) 622-6151
650 South Spring St., Suite 721
Los Angeles, CA 90014

NATIONAL COUNCIL OF THE AGING (NCOA) ..... (202) 479-1200
600 Maryland Avenue, SW, West Wing 100
Washington, DC 20024

RECREATION

* ARTWORKS 885-7470
S.F. INSTITUTE ON AGING
(Mt. Zion Medical Center)
P.O. Box 7921
San Francisco, CA 94115

DOCENT TOURS FOR THE DEAF 750-3638
Fine Arts Museums of San Francisco
Golden Gate Park
San Francisco, CA 94118

* RECREATION FOR THE HANDICAPPED 665-4100
207 Skyline Blvd.
San Francisco, CA 94132

* SAN FRANCISCO RECREATION & PARK DEPT. 666-7200
McLaren Lodge Senior Activities Info: 666-7015
Golden Gate Park
Stanyan & Fell Streets
San Francisco, CA 94117

SAN FRANCISCO TICKET BOX OFFICE (STBS) 433-STBS
Union Square (recorded message)
Closed Sunday & Monday

* SPECIAL AUDIENCES 552-3505
1182 Market Street, Room 216
San Francisco, CA 94102

TALE SPINNERS ..... Admin: 550-9104
Studio Eremos
2055 Silver Avenue, Rm. 10
San Francisco, CA 94124

RESPITE

Respite care offers temporary rest for the family of an elderly or disabled person. Caregivers may choose to arrange for respite lasting from an hour to several days or weeks depending on the type of respite selected/needed. Respite resources are listed below under:

- o Out-of-Home Care
- o In-Home Care
- o Overnight, Institutional Care

Out-of-Home Care:

* BAYVIEW HUNTER'S POINT ADULT DAY HEALTH CENTER 826-4774
  1250 La Salle
  San Francisco, CA 94124

* FAMILY SURVIVAL PROJECT 434-3388
  425 Bush Street, #500
  San Francisco, CA 94108
  (Information & Referral)

* HOSPICE PROGRAM - VISITING NURSES 861-8705
  & HOSPICE OF SAN FRANCISCO
  1390 Market St., Suite 510
  San Francisco, CA 94102

* INDEPENDENT LIVING RESOURCE CENTER 863-0581
  70 10th Street
  San Francisco, CA 94103
  (Keeps an updated listing of respite resources)

* KIMOCHI INC. 931-2294
  1581 Webster Street, #10
  San Francisco, CA 94115

* LAGUNA HONDA HOSPITAL 759-2327
  375 Laguna Honda Blvd.
  San Francisco, CA 94116

* LINKAGES, S F 885-7673
  Mt. Zion Hospital & Medical Center
  2356 Sutter Street
  San Francisco CA 94115
  (Information & Referral)

* MULTI-PURPOSE SENIOR SERVICES PROGRAM, S.F. 885-7590
  M S S P , S F - Alzheimer Day Care
  P O Box 7921
  Mt Zion Medical Center
  San Francisco Ca 94120

Out-of-Home Care (cont'd):

* NORTH & SOUTH OF MARKET ADHC 882-7301
  55 Mabini
  San Francisco, CA 94107

* ON LOK SENIOR HEALTH SERVICES 989-2578
  1441 Powell Street
  San Francisco, CA 94133

* PACIFIC PRESBYTERIAN MEDICAL CENTER ADHC 550-2230
  (Thirtieth Street Senior Center)
  225 30th Street
  San Francisco, CA 94131

* RECREATION CENTER FOR THE HANDICAPPED 665-4100
  207 Skyline Blvd.
  San Francisco, CA 94132

* RUTH ANN ROSENBERG ADHC (MT. ZION) 885-7586
  1675 Scott Street
  San Francisco, CA 94115

  SAN FRANCISCO ASSC. OF RESIDENTIAL 399-1750
  CARE HOMES, INS.
  Pat Nobis, Director
  760 - 35th Avenue
  San Francisco, CA 94121

* ST. MARY'S ADULT DAY HEALTH CARE CENTER 334-4000
  35 Onondaga Ave.
  San Francisco, CA 94112

In-Home Care:

  AMERICAN NURSING RESOURCE 753-6005
  801 Lincoln Way
  San Francisco, CA 94122

  AUNT ANN'S AGENCY ..... [illegible]-8442
  760 Market Street #539
  San Francisco, CA 94102

  BRISTOL-HARAN AGENCY ..... [illegible]
  1212 Broadway, Rm 540
  Oakland, CA 94612

* CATHOLIC CHARITIES - S.F. ..... [illegible]
  1049 Market Street
  San Francisco, Ca 94103

In-Home Care (cont'd):

CHS HOME HEALTH 621-4562
399 Buena Vista East, 6K
San Francisco, CA 94117

CITY HEALTH, INC. 330-3339
150 N. Hill Drive, #19
Brisbane, CA 94005

COMPREHENSIVE COMMUNITY 330-3333
HOME HEALTH & HOSPICE
150 N. Hill Drive
Brisbane, CA 94005

HERE'S HELP 931-4357
3251 Sacramento Street
San Francisco, CA 94115

• JEWISH FAMILY AND CHILDREN'S SERVICES 567-8860
1600 Scott Street
San Francisco, Ca 94115

KIMBERLY/QUALITY CARE 957-9933
717 Market Street #417
San Francisco, CA 94103

MEDICAL PERSONNEL POOL 673-7500
1725 Clay #100
San Francisco, CA 94109

MEYER CARE 453-7722
412 Redhill Ave. #14
San Anselmo, CA 94960

OLSTEN HEALTH CARE 956-8773
870 Market Street, #605
San Francisco, Ca 94102

PHYSICIANS HOMECARE PROGRAM ..... Office: 621-5900
1390 Market Street, Suite 1008 Beeper: 565-6779
San Francisco, CA 94102

PROFESSIONAL NURSES BUREAU 474-4719
1375 Sutter Street #412
San Francisco, CA 94109

In-Home Care (cont'd):

SAN FRANCISCO HOME CARE 861-0600
1390 Market St., Suite 1008
San Francisco, CA, 94102

* SELF HELP FOR THE ELDERLY ..... 982-9171 x 40
445 Grant Ave. 2nd Foor
San Francisco, CA 94108

STAFF BUILDERS 391-0123
77 Geary Blvd.
San Francisco, CA 94108

STAT NURSING SERVICE 673-9791
1545 Broadway Street
San Francisco, CA 94109

UPJOHN HEALTH SERVICE 956-6222
945 Front Street #103
San Francisco, CA 94111

WESTERN MEDICAL SERVICE 946-0900
301 Lennon Lane
Walnut Creek, CA 94598

Overnight, Institutional Respite:

* KIMOCHI RESIDENTIAL CARE 922-9972
1531 Sutter St.
San Francisco, CA 94109

LAUREL HEIGHTS CONVALESCENT HOSPITAL 567-3133
2740 California St.
San Francisco, CA 94115

* LAGUNA HONDA HOSPITAL 759-2327
375 Laguna Honda Blvd.
San Francisco, CA 94116

* ON LOK 989-2578
1441 Powell St.
San Francisco, CA 94108

Overnight, Institutional Respite (cont.):

HILLHAVEN-PINE TOWERS CONVALESCENT HOSPITAL 563-7600
2707 Pine St.
San Francisco, CA 94115

• RECREATION CENTER FOR THE HANDICAPPED 665-4100
207 Skyline Blvd.
San Francisco, CA 94132

S.F. ASSOC. OF RESIDENTIAL CARE HOMES 387-3292
(Referrals to Respite)
110 Vale Ave.
San Francisco, CA 94132

VICTORIAN MANOR (CARE INC.) 921-7550
Residential Facility for the Elderly
1444 Mc Allister St.
San Francisco, CA 94115

SENIOR CENTERS & CLUBS

Senior centers provide older adults who are not homebound the opportunity for social interaction in a centralized location. These centers provide a variety of activities and programs for seniors.

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
ALICE CHALMERS 670 Brunswick/Whittier San Francisco, CA 94112 337-4711				●	
ALEXIS APARTMENTS 390 Clementina Street San Francisco, CA 94103 495-3690 Charles Flinton, Site Coordinator		●			
* ALL HALLOWS COMMUNITY 1711 Oakdale Avenue San Francisco, CA 94124 550-1637 Sister Grace Grima		●			
AMERICAN ASSOCIATION OF RETIRED PERSONS Numerous chapters in San Francisco For information contact: Mr. Campbell 956-1765					●
* AQUATIC PARK SENIOR CENTER/S.F. SENIOR CENTER 890 Beach Street San Francisco, CA 94109 775-1866	●	●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC CENTER	SENIOR CITIZEN GROUP
• BAYVIEW HUNTERS POINT SENIOR CENTER 1706 Yosemite San Francisco, CA 94124 822-1444	●	●			
BERNAL HEIGHTS Moultrie & Jarboe Gymasium San Francisco, CA 94110 695-5007 Thursdays, 10:30 am to 2:00 pm				●	
• BERNAL HEIGHTS COMMUNITY FOUNDATION 515 Cortland San Francisco, CA 94110 648-0330 Vicky Victoria, Senior Program Coordinator Monday to Friday, 9:00 am to 2:00 pm	●	●			
BETH SHOLOM KOSHER NUTRITION SITE 1301 Clement Street San Francisco, CA 94118 221-1025 Hilda Weiss		●			
BOOKER T. WASHINGTON COMMUNITY SERVICE CENTER 800 Presidio Avenue San Francisco, CA 94115 921-4758 Timothy Dupre, Director	●	●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
BROTHERHOOD WAY JEWISH COMMUNITY CENTER 655 Brotherhood Way San Francisco, CA 94132 334-7474					●
CALIF. RETIRED TEACHERS ASSOC. San Francisco Division 96 Dominican Drive San Rafael, CA 456-7573 John Dougherty					●
CALVARY PRESBYTERIAN SENIOR CENTER Calvary Presbyterian Church 2515 Fillmore Street San Francisco, CA 94115 346-3832 Rev. Bertha A. Hoy Tuesday, 11:00 am to 1:00 pm					●
* CANON KIP COMMUNITY HOUSE 705 Natoma Street San Francisco, CA 94103 861-6801 Betty Crowder, Director	●	●			
CAPP STREET SENIOR CENTER * (MISSION NEIGHBORHOOD CENTER) 362 Capp Street San Francisco, CA 94110 826-2433/0440 Melba Montanaldo	●	●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
CAYUGA - Cayuga & Naglee San Francisco, CA 94112 337-4714 Monday - Tuesday, 10:00 - 2:00 pm				●	
• CENTRO LATINO DE S.F. INC. (formerly Los Mayores de Centro Latino) 1656 15th Street. San Francisco, CA 94103 861-8753 Monday - Friday, 9:00 - 5:00pm	●	●			
CHALMERS Brunswick & Wittier San Francisco, CA 94112 337-4711 Thursday, 10:30 - 3:00 pm				●	
CHINESE CENTER Washington & Mason Streets San Francisco, CA 94108 292-2017 1st & 3rd Tuesday, 11:00 - 2:00 pm				●	
CHURCH OF ADVENT 261 Fell St San Francisco, CA 94102 431-3767 James Spinelli, Director Saturday 8 30 am		●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
CORPUS CHRISTI SENIORS 62 Santa Rosa Ave. San Francisco, CA 94112 585-2991 Monday, 10:00 to 2:00 pm			●		
CROCKER AMAZON Geneva Ave. & Moscow Street San Francisco, CA 94112 337-4708 Mon, Tues, Wed & Fri - Nutrition Site Thursday, 10:00 to 3:00 pm - Senior Club				●	
* DIAMOND SENIOR CENTER (Golden Gate Senior Services) 117 Diamond Street San Francisco, CA 94114 863-3507 Betty Garvey, Director	●	●			
DOELGER SENIORS CENTER 101 Lake Merced Daly City, CA 94015 991-8012 Joanne Thomas, Director	●				
DOLORES STREET COMMUNITY CENTER SENIOR ACTIVITY CENTER 208 Dolores St. 861-6251 Jerene Broadway Tuesday, 9:30 - 2:00 pm	●	●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROU
DON BOSCO SENIOR CLUB c/o Corpus Christi Parish Church Hall 62 Santa Rosa Ave. San Francisco, CA 94112 585-2991 Wednesday, 10:00 to 2:00 pm			●		
• DOWNTOWN SENIOR CENTER 481 O'Farrell Street San Francisco, CA 94102 771-7950 Mary Alice Stevenson, Director		●			●
ELLA HILL HUTCH SENIOR CLUB 1050 Mc Allister Street San Francisco, CA 94115 346-9671 Emma Jordan	●	●			
EPIPHANY SENIOR CLUB Church of the Epiphany 845 Vienna Street San Francisco, CA 94112 333-7630 Friday, 11:30 to 2:00 pm			●		
EUREKA VALLEY 100 Collingwood Street San Francisco, CA 94114 554-9528 Wednesday, 10:30 to 3:00 pm				●	

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
EXCELSIOR Russia Ave. & Madrid St. San Francisco, CA 94112 337-4709 Thursday, 9:30 to 1:00 pm				●	
* FILIPINO-AMERICAN COUNCIL OF SAN FRANCISCO 3416 - 19th Street San Francisco, CA 94110 626-0773	●	●			
FILIPINO COMMUNITY INC. OF S.F. 2970 California St. San Francisco, CA 94115 346-7252					●
* FILIPINO SENIOR CITIZENS CLUB 83 6th Street San Francisco, CA 94103 495-9423	●				
FIRST BAPTIST CHURCH SENIOR GROUP 21 Octavia St. San Francisco, CA 94102 863-3382 Tuesday, 9:30 - 2:00 pm					●

SENIOR CENTERS AND CLUBS (Continued)

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
• FRANCIS OF ASSISI 145 Guerrero Street San Francisco, CA 94103 861-5790	●	●			
• FRIENDSHIP CENTER 711 Eddy Street San Francisco, CA 94109 775-5052		●			
GLEN PARK Bosworth & O'Shaugnessy Blvd San Francisco, CA 94131 337-4705 Tuesday, Bridge 10:30 - 3:00 pm				●	
• GOLDEN GATE PARK SR. CENTER 6101 Fulton Street (37th Ave.) San Francisco, CA 94121 666-7015 Bob Wrisley, Dir. Open 7 days, 10:00 - 5:00 pm and also open 2 nights - Tues til 9:00 pm Fri til 9:30 pm	●			●	

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
HAMILTON 1900 Geary Blvd (Steiner St.) San Francisco, CA 94115 292-2008 Wednesday, 10:30 - 3:00 pm				●	
HOLY NAME PARISH SENIOR CLUB c/o Holy Name Rectory 3240 Lawton St. San Francisco, CA 94122 664-8590 Thursday, 11:00 - 2:00 pm			●		
HOLY NAME OVER 50 BUNCH c/o Holy Name Rectory 3240 Lawton St. San Francisco, CA 94122 664-8590 Tuesday, 9:30 - 10:45 am			●		
IMMACULATE CONCEPTION SOCIAL CLUB 3255 Folsom Street San Francisco, CA 94110 824-1762 2nd Wednesday, 1:00 pm.			●		
* INGLESIDE PRESBYTERIAN CHURCH INGLESIDE SENIOR CENTER 1345 Ocean Ave San Francisco, CA 94112 587-4472 Gloria Hall, Director	●	●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
JOHN W. KING SENIOR CENTER 590 Leland Ave. San Francisco , CA 94134 239-6233	●	●			
JOSEPH LEE RECREATION CENTER Oakdale Ave. & Mendell St. San Francisco, CA 94124 822-9040 Wednesday, 10:30 - 3:00 pm Monday - Friday, Nutrition Site		●		●	
• KIMOCHI, INC. 1840 Sutter #208 San Francisco, CA 94115 931-2294 Julie Hatta, Director	●	●			
KIMOCHI NUTRITION SITE 1840 Sutter St. San Francisco, Ca 94109 931-2287 Contact: Martin Shichi Lisa Yamashiro, Director		●			
• KOREAN CENTER, INC., THE 1362 Post Street San Francisco, CA 94109 441-1881 Jae Yoon Choe, Sr. Coordinator	●	●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
* KOREAN COMMUNITY SERVICE CENTER 3136 Fulton Street San Francisco, 94118 567-3267 or 386-8333 Director: Tom Kim	●	●			
KOSHER NUTRITION PROJECT 1851 Noriega San Francisco, CA 94122 665-7854		●			
LADY SHAW SENIOR CENTER (Part of Self-Help for the Elderly) 1483 Mason Street 292-2383 Contact: David Liu	●	●			
LAGUNA HONDA SENIOR NUTRITION PROGRAM 375 Laguna Honda Blvd. Clarendon Hall, Third Floor Rm. 360 San Francisco, CA 94116 759-2321 Sandi Ocegueda, Site Manager For reservation - call between 9 - 10:30 am		●			
LATIN AMERICAN NATIONAL CITIZENS ASSOCIATION (LANSCA) 1241 Valencia Street San Francisco, CA 94110 282-6337					●
* L'CHAIM RUSSIAN EMIGRE SENIOR CENTER 751 - 25th Ave San Francisco, CA 94121 386-0664 Linda Soloman, Director Monday, Tuesday, Friday	●	●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
LINCOLN PARK SENIOR CENTER LINCOLN PARK PRESBYTERIAN CHURCH 417 - 31st Avenue San Francisco, CA 94121 751-1140 Wednesday, 10 - 2 Bag Lunch					●
• LIGHTHOUSE FOR THE BLIND 20 10TH St., Suite 220 San Francisco, 94103 431-1481 Classes meet for seniors on Tuesday & Wednesday					●
LOCAL 1100/410 RETIREES CLUB 495-1100 Contact: Pat Kelly					●
LUTHERAN CHURCH OF THE SAVIOR 1011 Garfield St San Francisco, CA 94132 586-7890 Thursday, 10 - 2 pm					●
MANILA TOWN SENIOR CENTER (Part of Self-Help for the Elderly) 445 Grant Avenue San Francisco, CA 94108 982-9171 Contact: Tom Sarmiento	●	●			
• MARTIN DE PORRES HOUSE (SOUP KITCHEN) 225 Potrero Ave San Francisco, CA 94103 550-0240		●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
MENDELSOHN HOUSE 737 Folsom Street San Francisco, CA 94103 243-8296 Monday - Friday, 11:30 - 12:15 pm		●			
MIDTOWN TERRACE Clarendon Drive & Olympia Way San Francisco, CA 94131 564-1317 Saturday Exercise				●	
MIRALOMA COMMUNITY CHURCH 430 Teresita Blvd. San Francisco, CA 94127 333-2239 Contact: Betty Suen Meet twice a month					●
* MISSION NEIGHBORHOOD CENTER (see Capp St. Senior Center)					
MISSION SENIOR CLUB 19th & Linda Streets San Francisco, CA 94110 695-5008 Thurday, 9:30 - 2:00 pm				●	
* MONTEFIORE SENIOR CENTER 3200 California Street San Francisco, CA 94118 346-6040	●	●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN CLUB
MOSCONE RECREATION CENTER (Men's Club only) Chestnut & Buchanan Streets San Francisco, CA 94123 292-2006 Thursdays				●	
NATIONAL ASSOCIATION OF RETIRED FEDERAL EMPLOYEES (NARFE), Chapter #65 7th & Market Streets San Francisco, CA 94103 no phone number available Bea Lawrence, President					●
* NOE VALLEY SENIOR CENTER 1021 Sanchez Street San Francisco, CA 94114 648-1030 Jilly Johnson, Coordinator	●	●			
* NORIEGA ADULT DAY CARE Office: 1819 - 43rd Avenue San Francisco, CA 94122 665-0575 Jeanette Rhamsey, Director Center: 3601 Noriega Street San Francisco, CA 94122	●	●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
NORTH BEACH SENIOR CITIZEN CLUB St. Peter & Paul Church c/o President - Dorthy Robinson 666 Filbert St. San Francisco, CA 94133 421-0809 Tuesday, 1:00 - 3:00 pm					●
* NORTH OF MARKET SENIOR SERVICE CENTER 333 Turk Street San Francisco, CA 94102 885-2274 Vera Haile, Director	●	●			
OLD FIRST PRESBYTERIAN CHURCH 1751 Sacramento Street San Francisco, CA 94109 776-5552 Doris Kraurs, Director Monday 8:30 - 2:30					●
OLD ST. MARY'S 50 PLUS CLUB c/o Old St. Mary's Church 660 CAlifornia Street San Francisco, CA 94108 986-4388			●		
* OMI SENIOR NEIGHBORHOOD CENTER 446 Randolph Street San Francisco, CA 94132 587-1443	●	●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GR
ON LOW WUI SENIOR CENTER (Part of Self-Help for the Elderly) 777 Stockton St. San Francisco, CA 94108 391-3843 Contact: Ricky Tam		●			●
OUR LADY OF LOURDES c/o Our Lady of Lourdes Parish Church Hall P.O. Box 883333 San Francisco, CA 94188 285-3377 Thursday, 12:30 - 2:30 pm			●		
OUR SAVIOR LUTHERAN CHURCH 1011 Garfield San Francisco, CA 94132 586-7890 Thursday, 10:00 am - 2:00 pm					●
OVER 55 CLUB 759 Sunnydale Ave San Francisco, CA 94134 239-9906 Wednesday, 1:00 pm			●		
PARKSIDE SENIOR CENTER 2540 Taraval San Francisco, CA 94116 no phone number available Thursdays					●

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
PORTOLA Felton & Holyoke Street San Francisco, CA 94134 468-2875 Wednesday, 1:00 - 3:30 pm				●	
* POTRERO HILL NEIGHBORHOOD HOUSE 953 DeHaro Street San Francisco, CA 94107 826-8080 Enolla D. Maxwell, Executive Dir.		●			●
PRESBYTERIAN CHURCH-CHINATOWN 925 Stockton Street San Francisco, CA 94108 392-1500 Wednesdays, 9:00 - 2:00 pm					●
* RAPHAEL HOUSE NEIGHBORHOOD SENIOR ASSOCIATION 1065 Sutter Street San Francisco, CA 94109 474-4621	●				
RICHMOND CHINESE SENIOR CENTER (see Self-Help for the Elderly - Richmond)					
ROSA PARK SENIOR CENTER 1111 Buchanan Street San Francisco, CA 94115 292-2000 Contact: Nina Turpie Monday - Friday, 10:00 - 5:00 pm	●	●		●	

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & RE[illegible]ENTER	SENIOR CITIZE[illegible]OUP
* RUSSIAN AMERICAN COMMUNITY SERVICES 300 Anza St. (Collins St.) San Francisco, CA 94118 387-5336 Nicholus Lu-Choglokoff	●	●			
ST. AGNES ADULT CENTER St. Agnes Church - c/o Clara Pereira 200 Upper Terrace San Francisco, CA 94117 863-2485 Meets 2nd & 4th Friday at 12:00 noon			●		
ST. ANNE'S ADULT CLUB School Cafeteria 1320 - 14th Avenue San Francisco, CA 94122 664-9570 Sister Beverly Tuesday, 1:00 - 3:00 pm			●		
ST. BRENDAN'S SENIOR CLUB 29 Rockaway Avenue San Francisco, CA 94127 681-4225 Meets periodically			●		
ST. BRIDGID FORTY PLUS CLUB c/o Bill Regalia 1615 Broadway San Francisco, CA 94109 885-4214 (church) 2nd Friday, [illegible]30 pm			●		

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
ST. CECILIA'S SENIOR CENTER - COLLINS CENTER 2555 - 17th Avenue San Francisco, CA 94116 566-2690 Monday - Friday, 9:30 am			●		
ST. CECILIA SEWING & ART CLUB 2555 17th Ave. - Green Room San Francisco, CA 94116 664-4226 Wednesday, 10:00 - 1:30 pm			●		
ST. ELIZABETH'S OVER 50 CLUB Church Hall Goettengin & Waylard Streets 468-0820 Thursday, 12:00 - 2:30 pm			●		
ST. ELIZABETH'S YOUNG AT HEART 100 Masonic San Francisco, CA 94118 567-8370 Monday, 11:00 - 1:00 pm			●		
ST. EMYDIUS SENIOR CITIZEN'S CLUB (meet in the Gym) 270 Ashton Street San Francisco, CA 94112 585-7215 Wednesday, 10:30 - 2:30 pm			●		

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
ST. FINN BARR SR. CITIZEN'S CLUB 415 Edna Street San Francisco, CA 94112 333-3627 Wednesday, 12:30 - 3:00 pm			●		
* ST. FRANCIS MEAL SERVICE First Congregational Church 432 Mason Street (Post St.) San Francisco, CA 94102 392-7463 Dorothy Simmons, Director	●	●			
ST. JAMES PLUS 50 CLUB 1086 Guerrero Street San Francisco, CA 94110 824-4232 2nd & 4th Wednesdays at 11 am.			●		
ST. JOHN'S SENIOR CITIZENS' CLUB 19 Saint Mary's Ave. San Francisco, CA 94112 No phone number available Monday, 10:30 - 2:30 pm			●		
ST. JOSEPH SENIOR CENTER 1480 Sutter Street 483-5073 Thursday, 10:30 - 1:30 pm			●		

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
ST. MARKS LUTHERAN CHURCH SR. CENTER 1101 O'Farrell Street San Francisco, CA 94109 928-7770 Friday, - Hot lunch 10:00 - 2:00 pm					●
ST. MARY Justin Drive & Murray Street San Francisco, CA 94112 695-5006 Tuesday - 10:30 to 2:00 pm				●	
ST. MICHAEL'S HAPPY HEARTS 32 Broad Street (Rectory) San Francisco, CA 94112 334-0936 Thursday			●		
ST. PAUL'S GOLDEN AGERS CLUB 221 Valley Street, Rectory Hall San Francisco, CA 94131 648-7538 Tuesday, 12:00 - 3:30 pm			●		
ST. PETER'S SENIOR CENTER 1200 Florida Street San Francisco, CA 94110 282-1652 Friday, 10:00 - 2:15 pm			●		

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
ST. PHILLIPS SENIOR CENTER ST. PHILLIPS CHURCH 725 Diamond Street San Francisco, CA 94114 641-9576 Thursday, 11:00 - 2:00 pm			●		
ST. STEPHEN'S SR. SOCIAL CLUB Donworth Hall 475 Eucalyptus Drive San Francisco, CA 94132 681-2444 Thursday, 11:00 - 2:00 pm			●		
ST. THERESA'S SR. CLUB Church Hall 19th & Connecticut Streets San Francisco, CA 94107 285-5272 - Rectory Friday - 1:00 to 3:00 pm			●		
ST. VINCENT DE PAUL SENIOR CENTER 705 Natoma Street San Francisco, CA 94103 No phone number available Monday, Thursday & Friday, 1:00 - 3:00 p.m.			●		
SALVATION ARMY MISSION SENIOR CENTER 1156 Valencia Street San Francisco, CA 94110 648-0276	●	●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
* SALVATION ARMY SENIOR ACTIVITY CENTER AND NUTRITION SITE 360 - 4th Street San Francisco, CA 94107 777-2677 Contact: John Chan	●	●			
SALVATION ARMY - SILVERCREST (See Silvercrest)					
* SALVATION ARMY TURK STREET SENIOR CENTER 240 Turk Street San Francisco, CA 94102 928-7078 Co-Directors: Karen Oster & Kevin Schwartz	●	●			
* SAN FRANCISCO SENIOR CENTERS (See either Aquatic Park Senior Center or Downtown Senior Center)					
* SCORE (SERVICE CORPS OF RETIRED EXECUTIVES) 211 Main St., 4th Floor San Francisco, CA 94105 744-6827					●
SECOND SPRINGTIMERS CLUB St. Paul of the Shipwreck 1122 Jamestown Avenue San Francisco, CA 94124 822-6129 2nd & 4th Fridays, 10:00 - 12:30 pm			●		

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GR
• SELF-HELP FOR THE ELDERLY 445 Grant Ave. San Francisco, CA 94108 982-9171	●	●			
• SELF-HELP FOR THE ELDERLY (RICHMOND CHINESE SENIOR CENTER) 741 - 30th Avenue San Francisco, CA 94121 751-3394	●	●			
• SENIOR POWER 805 Howard Street San Francisco, CA 94103 541-9629					
• SERVICES FOR SENIORS, INC. 1500 Laguna Street San Francisco, Ca 94115 922-5438	●	●			
SEVEN TWO FIVE DIAMOND STREET SENIOR CITIZENS CLUB St. Phillip's Church, Small Hall no phone number available Thursday, 11:00 - 1:00 pm			●		

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
SEVENTH AVENUE PRESBYTERIAN CHURCH Senior Center 1329 - 7th Avenue San Francisco, CA 94122 664-2543 Thursday, 10:00 - 2:00 pm					●
SILVER BELLES St. Paul's Church Hall (under church) Valley & Church Streets San Francisco, CA 94131 648-7538 Thursday, - 10:00 - 2:00 pm			●		
SILVERCREST 133 Shipley St. San Francisco, CA 94107 543-5381/777-2677 Contact: Anne Garthwaite		●			
SIXTH AVENUE SENIOR SERVICES (Formerly Haight-Ashbury Sr. Center) 490 - 6th Avenue San Francisco, CA 94118 752-6444 Jim Patton, Director	●	●			
* SPRING GARDENS at St. Anne's 300 Lake Street San Francisco, CA 94102 751-6510 Monday - Friday, 10:00 to 3:00 pm	●				

SENIOR CENTERS AND CLUBS (Continued)

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
SOO YUEN BENEVOLENT ASSOC. 806 Clay Street San Francisco, CA 94108 421-0601	●				
• SUNSET SENIOR CENTER 1090 Quintara Street San Francisco, CA 94116 664-0915 Contact: Christina Miley	●	●			
SUNSET SR. GROUP 28th Avenue & Lawton Street San Francisco, CA 94122 753-7098 Wednesday, 10:30 - 2:30 pm				●	
SWINGING SIXTIES, THE St. Vincent de Paul Church 2320 Green Street, (Chapel) San Francisco, CA 94123 922-1010 1st & 3rd Tuesday, 12:00 - 1:30 pm			●		
TEAMSTER UNION LOCAL #85 RETIREES CLUB 920 John Muir Drive San Francisco, CA 94132 239-9609					●
• TELEGRAPH HILL NEIGHBORHOOD ASSOCIATION 660 Lombard Street San Francisco, CA 94133 421-6443	●	●			

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
TELEPHONE PIONEERS OF AMERICA 180 New Montgomery St., Suite 810 San Francisco, CA 94105 542-7053 Contact Person: Nancy Bohn Meet 3rd Tuesday of the month.					●
TEMPLE BAPTIST CHURCH SENIOR CENTER 3355 - 19th Avenue San Francisco, CA 94132 566-4080 Monday, 10:00 - 1:30 pm					●
THIRD BAPTIST CHURCH SENIOR CLUB 1399 Mc Allister St. San Francisco, CA 94115 923-0259 William Pryor, Director Wednesday, Friday, 9:30 - 2:30pm					●
* THIRTIETH STREET SENIOR CENTER 225 - 30th Street San Francisco, CA 94131 550-2210	●	●			
ULLOA STREET SR. CENTER St. Gabriel's School Cafeteria 2535 - 40th Ave San Francisco, CA 94116 731-6161 Contact: Nora Hanley Wednesday, 2:00 - 4:00 pm			●		

SENIOR CENTERS AND CLUBS (Continued)

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
UNION FOOD & COMERCIAL WORKERS 50 First St., Suite 401 San Francisco, CA 94105 no phone number available					●
UPPER NOE Day & Sanchez Streets San Francisco, CA 94131 695-5011 Wednesday, 10:30 - 3:00 pm				●	
• VISITACION VALLEY SENIOR CENTER 66 Raymond Avenue San Francisco, CA 94134 467-4499 Pat Crocker, Director	●	●			
• WESTERN ADDITION SENIOR CENTER 1390 1/2 Turk Street San Francisco, CA 94115 921-7030 Frederick Hubbard, Director	●	●			
WEST SUNSET 39th Avenue & Ortega San Francisco, CA 94127 753-7047 Tuesday, 10:00 - 3:00 pm				●	

SENIOR CENTERS AND CLUBS (Continued)

	MULTIPURPOSE SR. GROUP	NUTRITION SITES	CATHOLIC SENIOR CLUBS	S.F. PARK & REC. CENTER	SENIOR CITIZEN GROUP
* YMCA - CENTRAL BRANCH 220 Golden Gate Ave San Francisco, 94102 885-0460 Ext. 281 Eve Holsinger, Director	●				
* YMCA - MISSION BRANCH 4080 Mission Street San Francisco, CA 94112 586-6900 586-3030 - Seniors Claya Hamilton, Director:	●	●			
* YMCA - RICHMOND BRANCH 360 - 18th Avenue San Francisco, CA 94121 668-2060 Robin Fogel, Director	●				
* YMCA - STONESTOWN BRANCH 333 Eucalyptus Drive San Francisco, CA 94132 759-9622	●	●			
* YWCA - CHINATOWN BRANCH 965 Clay Street San Francisco, CA 94108 397-6883	●				

SOCIAL SERVICE

- AMERICAN RED CROSS 776-1500
  1550 Sutter Street
  San Francisco, CA 94109

- CATHOLIC CHARITIES 864-7400
  (Catholic Committee for the Aging)
  1049 Market Street, Suite 200
  San Francisco, CA 94103

- CHINESE NEWCOMERS SERVICES 421-0943
  777 Stockton Street, Room 104
  San Francisco, CA 94108

- FAMILY SERVICE AGENCY OF SAN FRANCISCO 474-7310
  1010 Gough Street
  San Francisco, Ca 94109

- INTERNATIONAL INSTITUTE 673-1720
  2209 Van Ness Avenue
  San Francisco, CA 94109

- ITALIAN WELFARE AGENCY, INC. 362-6423
  678 Green Street 362-6424
  San Francisco, CA 94133

  JAPANESE FAMILY SERVICE PROGRAM 474-7310
  1010 Gough Street
  San Francisco, CA 94109

- JAPANESE NEWCOMERS (Nobiru Kai) 922-2033
  1840 Sutter Street, Rm. 201
  San Francisco, CA 94115

- JEWISH COMMUNITY CENTER OF SAN FRANCISCO 346-6040
  (see Montefiore Senior Center)
  3200 California Street
  San Francisco, CA 94118

- JEWISH FAMILY & CHILDRENS SERVICE 567-8860
  1600 Scott Street
  San Francisco, CA 94115

- KOREAN COMM. SERVICE CENTER 386-8333
  3136 Fulton Street 567-3267
  San Francisco, CA 94118

- NATIVE AMERICAN HEALTH CENTER 621-8051
  56 Julian Avenue
  San Francisco, Ca 94103

SOCIAL SERVICE (Continued)

* NORIEGA ADULT DAY CARE 665-6844
  1819 - 43rd Avenue
  San Francisco, CA 94122

* NORTH OF MARKET MULTIPURPOSE SENIOR SERVICES 885-2274
  333 Turk Street
  San Francisco, CA 94102

* POLISH ARTS & CULTURAL FOUNDATION 474-7070
  1290 Sutter Street
  San Francisco, CA 94115

* RUSSIAN AMERICAN COMMUNITY SERVICE 387-5336
  300 Anza Street
  San Francisco, CA 94118

* ST. ANTHONYS' FOUNDATION 241-2600
  121 Golden Gate Ave.
  San Francisco, CA 94102

* SAN FRANCISCO DEPARTMENT OF SOCIAL SERVICES 557-5251
  170 Otis Street
  San Francisco, CA 94103

* SALVATION ARMY CENTER FOR SOCIAL SERVICES 861-0755
  445 - 9th Street
  San Francisco, CA 94103

* SAN FRANCISCO SENIOR CENTER (Aquatic Park) 775-1866
  890 Beach Street
  San Francisco, CA 94109

* SELF-HELP FOR THE ELDERLY 982-3171
  445 Grant Ave. 2nd floor
  San Francisco, CA 94108

* SENIOR RESOURCES 753-2405
  1750 - 29th Avenue 753-2406
  San Francisco, CA 94122

* SERVICES FOR SENIORS 922-5438
  1500 Laguna Street
  San Francisco, CA 94115

* TRAVELERS AID SOCIETY OF SAN FRANCISCO 255-2252
  1049 Market St., 5th Floor
  San Francisco, CA 94103
  Mailing address: P.O. Box 230
  San Francisco, CA 94101

SUBSTANCE ABUSE

- ALCOHOLICS ANONYMOUS 661-1828
  1046 Irving Street
  San Francisco, CA 94122

- AL-ANON 626-5633
  626-5634

  BRIDGEWAY PROJECT 771-7640
  Residential Facility for Men and Women
  Salvation Army
  (No self-Referral)
  242 Turk Street
  San Francisco, CA 94102

- COMMUNITY SUBSTANCE ABUSE SERVICE 255-3500
  1380 Howard St. 4th floor
  San Francisco, CA 94103

- DRUG LINE (SF Suicide Prevention, Inc.) 752-3400
  3940 Geary Blvd.
  San Francisco, CA 94118

- FRIENDSHIP CENTER 775-5052
  711 Eddy
  San Francisco, CA 94109

- GOLDEN GATE FOR SENIORS 626-7553
  637 South Van Ness 626-7779
  San Francisco, CA 94110

- HARBOR LIGHTS (Salvation Army) Alcohol/Residence: 864-7000
  1275 Harrison Alcohol/Detox 626-2063
  San Francisco, CA 94103

  HARRIET STREET CENTER FOR ALCOHOLISM 863-3250
  444 6th Street (Call for appointment)
  San Francisco, CA 94103

- LATINO FAMILY ALCOHOLISM COUNSELING CENTER 826-6767
  820 Valencia St
  San Francisco, CA 94110

SUBSTANCE ABUSE (Continued)

MOBILE ASSISTANCE PATROL (MAP) 431-7400
965 Mission Street #400
San Francisco, CA 94110

NARCOTICS ANONYMOUS 621-8600

NATIONAL COUNCIL ON ALCOHOLISM 861-4000
1049 Market Street Room 507
San Francisco, CA 94103

* NORTH OF MARKET SENIOR ALCOHOL PROGRAM 885-2274
333 Turk Street
San Francisco, CA 94102

* OZANAM - ST. VINCENT DE PAUL SOCIETY 621-6471
1175 Howard Street 864-3057
San Francisco, 94103

ST. MARY'S CHEMICAL DEPENDENCY SERVICE 750-5657
450 Stanyan Street
San Francisco, CA 94117

SALVATION ARMY ADULT REHABILITATION CENTER 695-8000
1500 Valencia Street
San Francisco, CA 94110

* SR_X - MEDICATION EDUCATION PROGRAM FOR SENIORS 558-3767
1182 Market Street, Room 204
San Francisco, CA 94102

* SUBSTANCE ABUSE TREATMENT PROGRAM 221-4810
Veterans Administration Medical Center
4150 Clement
San Francisco, CA 94121

TOM SMITH SUBSTANCE PROGRAM ..... 32[illegible]-8[illegible]
San Francisco General Hospital
1001 Potrero Ave., Ward 23, Bldg 20
San Francisco, CA 94110

SUPPORT & SELF-HELP GROUPS

Support or self-help groups can put individuals in touch with other persons that share similiar problems, or that share mutual concerns or issues. Often times, just realizing that you are not alone with a particular problem is a great relief in itself. These groups can offer emotional support, understanding and suggestions for handling problems:

Self-Help I & R Directory available thru 921-4044
BAY AREA SELF-HELP CENTER 921-4401

ALCOHOLISM

* AL-ANON 626-5633
or 626-5634

* NATIONAL COUNCIL ON ALCOHOLISM 861-4000
1049 Market Street, Ste. 507
San Francisco, CA 94103

ARTHRITIS

* ARTHRITIS FOUNDATION (Northern California) 673-6882
203 Willow, Suite 201
San Francisco, CA 94109

BURNS

ALTA BATES BURN CENTER 540-1573
Burn Support Group
3001 Colby
Berkeley, CA 94705

CANCER

* AMERICAN CANCER SOCIETY 394-7100
235 Montgomery Street, Suite 320
San Francisco, CA 94104

CANCER PATIENTS & FAMILY SUPPORT GROUP 567-6600
Mt. Zion Medical Center of U.C.S.F.
1600 Divisadero
San Francisco, CA 94115
Facilitator: Debby Hamolsky, R.N.

UNITED OSTOMY CARE 456-1477
Golden Gate Chapter
P.O. Box 7013
Corte Madera, CA 94925-2013

DEAFNESS

* (UNIVERSITY OF CALIFORNIA) CENTER ON DEAFNESS .....Voice 475-4980
(U.C.C.D.) TDD 476-7600
3333 California St., Suite 10
San Francisco, CA 94143-1208

DIABETES

* AMERICAN DIABETES ASSOCIATION 777-4499
S.F. Chapter
55 Hawthorne St., Suite 410
San Francisco, CA 94105

DRUGS

NARCOTICS ANONYMOUS 621-8600

GRANDPARENTS WHO CARE (Support group for 821-8494
grandparents caring for grandchildren because
parents were/are drug abusers.)
San Francisco General Hospital

EPILEPSY

EPILEPSY SOCIETY OF SAN FRANCISCO 474-9075

GAMBLING

GAMBLERS ANONYMOUS ..... Toll Free 1-800-287-8670

GAY & LESBIAN

- GAY, LESBIAN OUTREACH TO ELDERS (G.L.O.E.) 626-7000
  Operation Concern - Gay & Lesbian Counseling
  1853 Market Street
  San Francisco, CA 94103

PARENTS & FRIENDS OF LESBIANS AND GAYS (Parent's Flag) 921-8850
P.O. Box 640223
San Francisco, CA 94164

GENERAL ILLNESS & DISABILITY

- UNITED CEREBRAL PALSY 255-0101
  1435 Market St. 2nd Floor
  San Francisco, CA 94103

GRANDPARENTS

GRANDPARENTS WHO CARE (Support group for grand- 821-8494
parents caring for grandchildren because the
parents are/were drug abusers)
San Francisco General Hospital

GRIEF

CENTER FOR ELDERLY SUICIDE & GRIEF RELATED SERVICES 752-2437
(Friendship Line)
4110 Geary Blvd
San Francisco, CA 94118

- COMING HOME HOSPICE 861-8705
  115 Diamond Street
  San Francisco, CA 94114

- GRIEF COUNSELING 665-5100
  Catholic Charities
  2045 Lawton St
  San Francisco, CA 94122

GRIEF (continued)

GRIEF SUPPORT 750-5718
St. Mary's Hospital & Medical Center
Chaplaincy Services Dept. - South Lobby
(Pre-registration required)

HOSPICE BY THE BAY 673-2020
1550 Sutter Street, Suite 300
San Francisco, CA 94109

* HOSPICE OF SAN FRANCISCO 861-8705
1390 Market St., Suite 510
San Francisco, CA 94102

* LINKS - Widow/Widower Program 661-4400
Health Center #5
1351 24th Avenue
San Francisco, CA 94122

SHANTI PROJECT 777-2273
525 Howard Street
San Francisco, CA 94105
Counseling and emotional support for persons facing bereavement, and to their family and friends. Residential program for people with AIDS, practical support program for shopping and physical needs Van to and from medical appointments. Fun squad - Free tickets for recreational activities.

* WIDOW/WIDOWER OUTREACH PROGRAM 567-8860
Jewish Family & Children's Services
1600 Scott Street
San Francisco, CA 94115

HEART DISEASES

We suggest you ask your particular hospital for any support groups dealing with heart problems.

LUNG DISEASES

* AMERICAN LUNG ASSOCIATION OF SAN FRANCISCO 543-4410
  562 Mission St., Suite 203 Tel-Med 882-7880
  San Francisco, CA 94105

  BETTER BREATHERS' CLUB 543-4410
  (American Lung Association)
  Located at: American Red Cross Building
  1550 Sutter Street
  San Francisco, CA 94109

MENTAL ILLNESS

RECOVERY INCORPORATED 351-2540
(Informational number regarding meeting time
and addresses)

MULTIPLE SCLEROSIS

* INDEPENDENT LIVING RESOURCE CENTER - San Francisco 863-0581
  70 10th Street (Referrals only)
  San Francisco, CA 94103

  SAN FRANCISCO MULTIPLE SCLEROSIS RAP GROUP 268-0572
  520 3rd Street, #104
  Oakland, CA 94607

STROKE

* FAMILY SURVIVAL PROJECT 434-3388
  425 Bush Street #500
  San Francisco, CA 94108

  SAN FRANCISCO STROKE CLUB 433-2273
  American Heart Association
  120 Montgomery St., Suite 1650
  San Francisco, CA 94104

WOMEN

* AMERICAN CANCER SOCIETY, SAN FRANCISCO CHAPTER 394-7100
  (Reach to Recovery - Volunteer visiting & referral for breast cancer)
  235 Montgomery St., Ste. 320
  San Francisco, CA 94104

* OLDER WOMEN'S LEAGUE 550-1660
  601 Dolores Street
  San Francisco, CA 94110

* OPTIONS FOR WOMEN OVER 40 431-6944
  3543 - 18th Street
  San Francisco, CA 94110

* W.O.M.A.N., INC. (Battered Women) ..... Crisis: 864-4722
  Women Organized to Make Abuse Non-Existent 864-4723
  333 Valencia St., Ste. 251 Business: 864-4777
  San Francisco, CA 94103

VISUAL DISABILITY

* NATIONAL ASSOC. FOR VISUALLY HANDICAPPED 221-8754
  (Adult Discussion Group)
  3201 Balboa Street
  San Francisco, CA 94121

WEIGHT CONTROL

OVEREATERS ANONYMOUS 821-4642
P.O. Box 962
San Francisco, CA 94101
(A taped message; have a pencil ready)

TELEPHONE REASSURANCE PROGRAMS

Telephone reassurance programs provide regular telephone contact with older adults, to end social isolation or ascertain needs, health status and safety.

- ADULT BENEVOLENT ASSOCIATION OF 241-2660
  ST. ANTHONY FOUNDATION
  121 Golden Gate Avenue
  San Francisco, CA 94102

- FRIENDSHIP LINE FOR THE ELDERLY 752-3778
  CENTER FOR ELDERLY SUICIDE & GRIEF-RELATED SERVICES
  4110 Geary Blvd.
  San Francisco, CA 94118

- JEWISH FAMILY AND CHILDREN'S SERVICE 567-8860
  1600 Scott Street
  San Francisco, CA 94115

- NORIEGA ADULT DAY CARE 665-6844
  3601 Noriega
  San Francisco, CA 94122

- OPERATION CONCERN (G.L.O.E.) 626-7000
  Gay & Lesbain Outreach to Elderly
  1853 Market Street, #612
  San Francisco, CA 94103

- RETIRED SENIOR VOLUNTEER PROGRAM (RSVP) 731-3335
  Tele/Friend Program
  1125 Quintara Street
  San Francisco, CA 94116

- TENDERLOIN ELDER FRIENDS 989-6097
  942 Market Street
  San Francisco, CA 94102

TRANSPORTATION & ESCORT

General transportation resources are followed by a listing of the Senior Escort Outreach Programs:

TRANSPORTATION:

AIRPORT CONNECTIONS (Formerly Lorrie's) 885-2666

AMBUTRANS 931-3036
2238 Geary Blvd
San Francisco, CA 94115
$25 plus $2.00 a mile
Takes MediCal

AMTRAK INFORMATION 1-800-872-7245

* AMERICAN CANCER SOCIETY 394-7100
973 Market Street, Suite 550
San Francisco, CA 94103

BART INFORMATION 788-2278

BAY REGION TRANSIT DISCOUNT 923-6070
949 Presidio Ave.
San Francisco, CA 94115
or
1600 Franklin
Oakland, CA 94612 891-4706

* E.T.C. - ELDERLY TEEN CONNECTION 584-0300
222 Plymouth
San Francisco, CA 94112

* FREE WHEELERS ASSOCIATION INC. 664-3620
Laguna Honda Hospital 661-2622
P.O. Box 27428 Downtown Ofc. 552-9119
San Francisco, CA 94127

GOLDEN GATE REGIONAL TRANSIT DISCOUNT CARD FOR 65+ 921-5858
Located at the Golden Gate Toll Plaza

MOBILE ASSISTANCE PATROL (MAP) 431-7400

TRANSPORTATION & ESCORT (Continued)

M.V. TRANSPORTATION 468-4300
50 Elmira
San Francisco, CA 94124
Take Medi-Cal, $25 plus $2 a mile (additional $11 for extra person to help up and down steps.)

MUNI INFORMATION 673-6864

* PARATRANSIT SERVICES (Taxi Vouchers, etc.) 552-7908
1109 Oak Street
San Francisco, CA 94117

* ROSE RESNICK CENTER FOR THE BLIND 441-1980
& THE HANDICAPPED
1299 Bush Street
San Francisco, CA 94109

* RUSSIAN AMERICAN COMMUNITY SERVICE 387-5336
300 Anza
San Francisco, CA 94118

SAMTRANS (San Mateo Transit) 1-800-660-4287

* SENIOR INFORMATION, REFERRAL
& HEALTH PROMOTION 626-1033
1182 Market Street, Room 320
San Francisco, CA 94102
(Issues Muni I.D. cards for seniors)

ST MARY'S AREA RAPID TRANSIT (S.M.A.R.T. Van) 750-5557

* SENIOR ESCORT OUTREACH PROGRAM

Main Office: ..... Transportation: 695-5175
1049 Market Street , #607 Administration: 695-5175
San Francisco, CA 94103 Patrol Division: 597-7950

Chinatown 391-5686
948 Pacific Ave
San Francisco, CA 94133

Hunters Pt./Bayview 285-2500
1380 Phelps St. (Oakdale Ave)
San Francisco, CA 94124

Mission 695-5185
1101 Capp Street
San Francisco, CA 94110

North & South of Market/Tenderloin 695-5175
1049 Market St. #607
San Francisco, CA 94103

Potrero Hill 285-2500

Western Addition 597-7950
1220 Fillmore Street
San Francisco, CA 94115

Western Addition Walking Patrol 922-6807
1280 Laguna Street
San Francisco, CA 94115

South of Market 695-5175
1049 Market Street, #607
San Francisco, CA 94103

The following agency provides a senior escort service but is not affiliated with the SENIOR ESCORT OUTREACH PROGRAM:

JOHN W. KING SENIOR CENTER 239-6133
Senior Escort of Visitacion Valley
590 Leland Avenue
San Francisco, CA 94134

VOLUNTEERS

Volunteerism is a vital part of the older adult community. Several agencies serving the elderly depend greatly on volunteer help. Quite often, older adults are looking for a non-profit agency that could use their skills, time and energy. Listed below are agencies that recruit volunteers to help make their programs complete. Note: The Volunteer Center of San Francisco (982-8999) may be reached for further options.

- CATHOLIC COMMITTEE FOR THE AGING 864-7400
  1049 Market Street, Suite 200
  San Francisco, CA 94103

- FRIENDSHIP CENTER 775-5052
  711 Eddy Street
  San Francisco, CA 94109

- JEWISH FAMILY & CHILDREN'S SERVICES 567-8860
  1600 Scott Street
  San Francisco, CA 94115

  NATIONAL COUNCIL ON ALCOHOLISM 861-4000
  1049 Market Street, #507
  San Francisco, CA 94103

- OMBUDSMAN - Long Term Care 255-6010
  FAMILY SERVICE AGENCY Crisis Line: 1-800-231-4024
  1453 Mission St., 5th floor
  San Francisco, CA 94103

- PROJECT 1 to 1 665-4100
  RECREATION CENTER FOR THE HANDICAPPED x 241
  207 Skyline Blvd
  San Francisco, CA 94132

- RETIRED SENIOR VOLUNTEER PROGRAM 731-3335
  1125 - Quintara St.
  San Francisco, CA 94116

- ST. ANTHONY FOUNDATION ..... 14 -3000
  [illegible] Golden Gate Avenue
  San Francisco, CA 94102

VOLUNTEERS (Continued)

* SCORE - Service Corps of Retired Executives 744-6827
  211 Main Street, 4th Fl.
  San Francisco, CA 94105

* SEALS - Seniors Eager for Active Lives 885-7353
  Mt. Zion Hospital
  P.O. Box 7921
  San Francisco, CA 94120

* SEER PROJECT - Seniors Enriching Educative Roles ... 274-0257
  S.F. SCHOOL VOLUNTEER
  340 Pine Street
  San Francisco, CA 94104

* SENIOR RESOURCES 753-2405
  1750 - 29th Avenue 753-2406
  San Francisco, CA 94122

* TENDERLOIN ELDER FRIENDS 989-6097
  942 Market Street, #612
  San Francisco, CA 94102

* THIRTIETH STREET SENIOR SERVICES 550-2260
  Volunteer Interchange Program (VIP)
  225 - 30th Street
  San Francisco, CA 94131

* UNITED WAY INFORMATION & REFERRAL -- HELPLINE 772-4440
  1435 Market Street, 4th Fl. 772-4357
  San Francisco, CA 94103

* VOLUNTEER CENTER OF SAN FRANCISCO 982-8999
  1160 Battery Street, Suite 400
  San Francisco, CA 94111

* VOLUNTEER PROGRAM - SAN FRANCISCO GENERAL 821-8193
  1001 Potrero Avenue
  San Francisco, CA 94110

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Northern California Center for the Diabetic and Insensitive Foot 27
Pacific Coast Hospital
Foot and Ankle Clinic 28
California Dental Association
Senior-Dent 29
California Foundation of Dentistry for the Handicapped
Donated Dental Services 30
California Medical Review, Inc. 31
California Pacific Medical Center
California Campus
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Adult Day Health Network
Planning for Elders in the Central City
1435 Market Street, 4th Floor (10th Street)
San Francisco CA 94103

Phone(s):
415-554-2421

Days & Hours
Monday-Friday, 9-5:30
24-hour answering machine

Person in Charge:
Marie Jobling, Project Coordinator
Bill Klinke, Assistant Project Coordinator

Services:
A coalition of service providers, seniors and informal caregivers in the Tenderloin and South of Market areas. Works to identify and address the needs of frail seniors in the area served. Recruits organizations and individuals to work as a neighborhood problem solving coalition to improve the current system of assistance for frail elders.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County, primarily the Tenderloin and South of Market districts

Application: Apply by phone

Languages: Spanish (By arrangement)

Accessibility: Elevator, wheelchair accessible, restroom

Transportation: MUNI - 6 Parnasus, 7 Haight, 8 Market, 9 San Bruno, 5 Fulton, 21 Hayes, 19 Polk, J Church, N Judah, K Ingelside, L Taravel, M Oceanview. BART - Civic Center Station

Funding: Grants (Bay Area Independent Elders Program)

Al-Anon / Al-Ateen
San Francisco Information Service
50 Oak Street, Room 505
San Francisco CA 94102

Phone(s):
415-626-5633 (General Information)
415-626-5634 (Meeting information)

Days & Hours
Monday-Friday, limited hours

24-hour answering machine

24 hours daily (Meeting information tape)

Person in Charge:
Fellowship

Services:
A fellowship of friends and relatives of alcoholics who share their experience, strength and hope in order to solve common problems. The group follows the twelve-step guidelines. Special groups are available for teens (Alateen), Adult Children of Alcoholics, Spanish-speaking and no smoking meetings.

Fees: None

Eligibility: Problem of alcoholism in a relative or friend

Area Served: San Francisco County

Application: Walk in to a meeting

Languages: Spanish (By arrangement)

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - Van Ness, Market Street lines

Funding: Donations

Alcoholics Anonymous (AA)
1046 Irving Street (12th Avenue)
San Francisco CA 94122

Phone(s):
415-661-1828

415-554-8811 (Spanish)
415-661-4311 (TDD)

Days & Hours
Monday-Friday, 8:30-5:30
(Office)

Person in Charge:
Erwin Karp, Executive Secretary

Services:
Offers a peer sharing program for persons whose lives have been affected by alcohol. Men and women alcoholics share their experiences in meetings at locations throughout the area served. The only requirement for membership is a desire to stop drinking. Call to find out the locations and meeting times. Offers a speakers' bureau.

Fees: None

Eligibility: Desire to stop drinking

Area Served: Marin County, San Francisco County, San Mateo County, Sonoma County

Application: Walk in or phone

Languages: Spanish, others (By arrangement)

Accessibility: Varies according to meeting location

Transportation: Varies according to meeting location

Funding: Membership, donations

All Hallows Community
1711 Oakdale Avenue (Newhall)
San Francisco CA 94124

Phone(s):
415-550-1637

Days & Hours
Monday-Friday, 9-4.30

Person In Charge:
Sister Grace Grima, Director

Services:
Provides low-cost housing for senior or disabled persons. A hot meal is served daily, Monday-Friday at lunch time. Also offers recreational activities.

Fees: Vary according to income

Eligibility: Physically disabled or seniors age 62 or over

Area Served: San Francisco County

Application: Apply by phone

Languages: French, Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 15 Third, 23 Crescent, 24 Divisadero, 44 O'shaughnessy

Funding: Federal (HUD), fees

Alumnae Resources

120 Montgomery, Suite 1080
San Francisco CA 94104

Phone(s):
415-274-4700 (Client Services)

415-274-4747 (Taped information)

Days & Hours
Monday-Thursday, 9-7
Friday, 9-4
Saturday, 10-2

Person in Charge:
Linda de Mello, Executive Director

Services:
Offers career development services to college educated women and men. Provides individual career counseling, job search and career development workshops, self-assessment and career support groups. Membership benefits include a career library, job clubs, and Career Advisor Network. A free orientation is held every Tuesday and Friday, 12-1 pm, and the first Thursday of the month, 6:15-7 pm.

Fees: Annual membership - $50. Workshops - $8-$195. Career counseling - $45-$55 per session

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Walk in, attend orientation program, or phone for more information

Languages: Arabic, French, Russian, Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines. BART - Montgomery Street Station

Funding: Fees, membership fees, donations

American Association of Retired Persons (AARP)
Senior Environmental Employment Program
See Program
312 East Mill Street, Suite 102
Santa Maria CA 93454

Phone(s):
805-928-4267

Days & Hours
Monday-Friday, 7:30-3:30

Person In Charge:
Donald Westendorf, Field Supervisor

Services:
Provides job placement for seniors and older workers age 55 or over in the Environmental Protection Agency (EPA) located in San Francisco. Positions include full-time and part-time entry level clerical, technical and professional positions.

Fees: None

Eligibility: Age 55 or over

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Mail cover letter and resume to Santa Maria. Interviews are scheduled in San Francisco

Languages: None

Accessibility: Not applicable

Transportation: Not necessary for service

Funding: Federal

American Cancer Society
San Francisco Unit
235 Montgomery, Suite 320
San Francisco CA 94104

Phone(s):
415-394-7100

Days & Hours
Monday-Friday, 9-5

Person in Charge:
James D. Claitor, Director

Services:
Supports cancer research and provides services for cancer patients and their families. Offers short term counseling, information and guidance, sickroom equipment or assistive medical devices on loan. Transportation to and from medical treatment for ambulatory patients is provided by volunteer drivers or taxi. Volunteer rehabilitation self-help programs 'Reach to Recovery - Breast Cancer,' and United Ostomy Association - Ostomates and Laryngectomy are run by former patients. 'I Can Cope' is a patient education program. A volunteer cosmotology program helps women undergoing radiation or chemotherapy with make up and wigs. Co-sponsors a breast cancer support group. Offers low-cost smoking cessation groups. Educational films, literature and speakers are available on request.

Fees: None for educational services

Eligibility: Diagnosis of cancer, must meet financial requirements for some services

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese)

Accessibility: Elevator

Transportation: MUNI - Market Street lines. BART - Montgomery Street Station

Funding: Grants, donations, United Way

American Civil Liberties Union (ACLU)
1663 Mission Street, 4th Floor (South Van Ness)
San Francisco CA 94103

Phone(s):
415-621-2488

Days & Hours
Monday-Friday, 9-5 (Office)
Monday-Friday, 10-3 (Complaint counselors)

Person in Charge:
Dorothy Ehrlich, Executive Director

Services:
A public interest organization devoted to protecting basic civil liberties. Cases are selected that will have the widest impact on the greatest number of people, and that have the potential to establish new or broad precedents (e.g., cases involving freedom of expression, the right to privacy, due process and equal protection of the law, etc.) Cases not selected are provided referrals to other services, if possible. Does not operate as a general provider of legal services. Literature is available on constitutional litigation and the legal rights of various groups.

Fees: Annual membership dues for members only

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, Sonoma County, northern California

Application: Apply by phone or mail

Languages: Filipino (Tagalog), French, Spanish

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - Mission Street, Van Ness lines. BART - Civic Center, 16th Street Stations

Funding: Membership dues, donations, grants

American Diabetes Association
San Francisco Chapter
55 Hawthorne Street, Suite 410
San Francisco CA 94105

Phone(s):
415-777-4499

Days & Hours
Monday-Friday, 8:30-5

Person in Charge:
Lynne Lieber, Executive Director

Services:
Provides educational information about diabetes to patients, the community and health care professionals. Maintains a resource library and a Speakers' Bureau for seminars and schools. Provides physician referrals and diet information. Sponsors support groups and conducts educational meetings throughout San Francisco. Supports and promotes research to find a cure for diabetes. Publishes 'Forecast Magazine' which is distributed to members. Written materials available in Chinese, Filipino, Spanish, and Vietnamese.

Fees: None for educational services. Annual membership - $24, includes subscription to Forecast magazine

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone or mail

Languages: Spanish (By arrangement)

Accessibility: Wheelchair accessible restroom elevator

Transportation: MUNI - 15 Third, 30 Stockton, 9X San Bruno Express, 42 Downtown Loop, 38 Geary, Market Street lines. BART - Montgomery Station

Funding: Memberships, donations, grants

American Friends Service Committee
Self-Help and Resource Exchange
SHARE
2540 Newhall Street (Carroll)
San Francisco CA 94124

Phone(s):
415-467-2506

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Jan Hartsough, Director
Cynthia Rickert, Administrative Manager

Services:
A network of host agencies that participate in a food buying plan to help individuals stretch their food dollar and serve their community. For only $13 and two hours of community service anyone can receive a 30-40 pound package of food which includes frozen meat and poultry, fresh fruits and vegetables, and dry staples. Over 150 host organizations (churches, community centers, etc.) collect the fee, coordinate the community service, and assign the time and location for food pick up. Phone for a referral to the closest host organization

Fees: $13 (food stamps accepted) and 2 hours of community service for each food purchase

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, Napa County, Solano County, Sonoma County

Application: Apply by phone for information about over 150 host sites, then sign up at neighborhood host site for service

Languages: Spanish

Accessibility: Varies according to site

Transportation: Varies according to site

Funding: Grants, donations, fees

American Heart Association
San Francisco Chapter
120 Montgomery, Suite 1650
San Francisco CA 94104

Phone(s):
415-433-2273

Days & Hours
Monday-Friday, 8.30-5

Person in Charge:
Jarvis P. Green, Executive Director
Donna R. Lew, Program Director
Kent Sumrall, Development Director

Services:
Provides educational materials about heart disease and stroke prevention, treatment and rehabilitation including limited materials in Chinese, Tagalog and Spanish. Offers diet consultation, educational seminars, a film library and information and referral. Offers special health promotion programs: Heart At Work for employees at the worksite, Getting to Know Your Heart - a program for schools, Chinese Community Cardiac Council, Heart in the Black Community, El Corazon de la Comunidad, and Filipino Community Heart Council. Teaches heart saver cardiopulmonary resuscitation (CPR) and maintains a speakers' bureau. Sponsors a stroke club for stroke survivors and their families. Sponsors an annual symposium for physicians and nurses

Fees: Vary according to service

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone

Languages: Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 8 Market, 2 Clement, 3 Jackson, 4 Sutter, 30 Stockton, 45 Union. BART - Montgomery Street Station

Funding: United Way, donations

American Lung Association of San Francisco

562 Mission Street, Suite 203 (1st Street)
San Francisco CA 94105

Phone(s):
415-543-4410
415-543-3682 (FAX)

Days & Hours
Monday-Friday, 8 30-4:30

Person in Charge:
Charles Whaley, Executive Director

Services:
Provides educational services and consultation to individuals, agencies and organizations. Programs include prevention control of lung disease, especially emphysema, chronic bronchitis, asthma, TB, etc., smoking prevention education cessation for the general public teens, pregnant women, employees, occupational and environmental health hazards in the home and on the worksite, improvement of community health and welfare: Better Breathing Course and Better Breathing Club for victims of chronic obstruction lung disease and their families, support for medical research projects, and operates Camp Superstuff a summer day camp program for children with asthma Over 700 titles of written literature, posters, buttons, video tapes, etc., available.

Fees: Vary according to service. Single copies of literature free

Eligibility: San Francisco residents

Area Served: San Francisco County

Application: Apply by phone or mail

Languages: German, Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - Mission Street lines. BART - Embarcadero Station

Funding: Donations, fundraising

American Lung Association of San Francisco
Tel-Med Health and Medical Information Program
562 Mission Street, Suite 203 (1st Street)
San Francisco CA 94105-2991

Phone(s):
415-882-7880

Days & Hours
Monday-Friday, 1-5

Person in Charge:
Robin Jones, Director of Public Relations

Services:
A health and medical information service providing individuals with instant access, via telephone, to an excellent library of over 200 concise, accurate, physician-approved recordings on many health topics. Tapes run three to five minutes each.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone

Languages: Spanish

Accessibility: Not applicable

Transportation: Not necessary for service

Funding: Donations

American Red Cross - Bay Area
Golden Gate Chapter
1550 Sutter Street (Gough)
San Francisco CA 94109

Phone(s):
415-202-0600

Days & Hours
Monday-Friday, 8.30-4.30
Emergencies, 24 hours daily

Person in Charge:
Roger Dickson, Executive Director Bay Area
Beverley J Pearson, Executive Officer, San Francisco County
Martin Torow, Director Social Services

Services:
Provides free and immediate emergency assistance (food, clothing, shelter) to victims of disasters (flood, fire, earthquakes, etc.). Victims may be eligible for other basic needs assistance through Red Cross or by Red Cross referral to other agencies. Provides information about the safety of people in disaster affected areas Holds bi-annual emergency preparedness seminars for business and industry provides community education and earthquake preparedness courses Provides training to disaster relief workers. Maintains a speakers bureau and a resource library for disaster planners. Counseling and crisis intervention is provided to military families. World-wide 24-hour communication system helps verify and report emergency situations affecting military personnel and their families and helps to re-establish and maintain relationships. Financial assistance is available to assist military families and eligible veterans with basic needs. Assis[illegible] eterans applying for military discharge review and offers representation at hearings. International tracing and social services available to the general public regarding location, health and welfare of foreign national relatives living abroad and family reunification. Nursing and health services conduct health education programs that encourage preventative health care Provides health services during disasters, and health stations at community events. Extends community health resources through use of volunteers. AIDS education for teens and adults provided in English and Spanish. Safety services provide classes in first aid, CPR (cardio-pulmonary resuscitation), swimming and life saving, and small craft safety Provides CPR, first-aid and disaster preparedness educational services to business and industry Provides support services for Job Corp graduates in conjunction with Joint Action for Community Service. Interpretation services are available upon request in 22 languages via a volunteer language bank Provides information and referral. Youth Services division teaches health safety and disaster awareness to youth in schools. Offers a leadership development program. Youth for Chinatown Elderly matches young recent immigrants with an elderly Chinatown resident in a friendly visiting program

Fees None for social services, course fees vary

Eligibility Vary according to service requested

Area Served San Francisco County

Application Walk in Phone for an appointment or referral

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog)
Others (By arrangement)

Accessibility: Wheelchair accessible through rear entrance if driving (very steep driveway) elevator

Transportation: MUNI - 2 Clement, 3 Jackson, 4 Sutter, Van Ness lines

Funding: United Way, donations, grants, special events

American Society on Aging (ASA)

833 Market Street, Suite 512
San Francisco CA 94103

Phone(s):
415-882-2910

Days & Hours
Monday-Friday, 8:30-5

Person in Charge:
Gloria Cavanaugh, Executive Director
Marcia Freedman, Public Information Director

Services:
A national nonprofit organization of professionals in the field of gerontology. Produces two publications - 'Generations' and the 'Aging Today.' The society holds 25 major professional educational events and conferences each year Sponsors two forums, the Business Forum on Aging, and the Forum on Religion on Aging The association's annual conference is held in various cities across the nation

Fees: Memberships - $80 individual, $35 senior or student, $200 organization

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, nationwide

Application: Apply by phone or mail

Languages: None

Accessibility: Elevator

Transportation: MUNI - Market Street lines BART - Powell Street Station

Funding: Donations, memberships, fees, subscriptions

Arriba Juntos Center

2017 Mission Street, 2nd Floor (16th Street)
San Francisco CA 94110

Phone(s):
415-863-9307

Days & Hours
Monday-Friday, 8:30-5

Person in Charge:
Leandro P. Soto, President

Services:
A multipurpose center that focuses on such items as economic development, employment, training, health education, community resources, legal status, and cultural understanding. Advocates on behalf of the Hispanic community or the educationally and economically disadvantaged. Offers year-round, on-the-job training programs for adults and youth age 17-21, who are not in school. Operates a basic skills remediation program for youth and young adults who have dropped out of high school and are interested in improving their basic skills, obtaining a GED and or obtaining full-time employment. Provides information and referral to other employment and social services. Also, provides energy conservation, insulation, rehabilitation and remodeling assistance to low-income residents.

Fees: None

Eligibility: San Francisco resident, low income or economically disadvantaged

Area Served: San Francisco County, primarily the Mission District

Application: Walk in

Languages: Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - Mission Street lines. BART - 16th Street Station

Funding: City, county, donations, United Way, grants

Arthritis Foundation
Northern California Chapter
203 Willow Street (Van Ness)
San Francisco CA 94109

Phone(s):
415-673-6882

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Judy McAbee, Executive Director
Robert Goldstein, Program Director

Services:
Supports research and educational programs on the cause, prevention and treatment of arthritis. Makes referrals to physicians who are interested in treating patients with arthritis. Offers information and other services to help patients cope with arthritis such as self-help courses, aquatics at three community sites and exercise programs. Maintains a special patient treatment service for financially needy patients. This financial assistance can be used for physical occupational therapy, medication, laboratory tests, and self-help devices, but not for hospitalization, surgery or previous medical bills. Free literature and speakers are available on request.

Fees: Vary according to service, most services free or low cost

Eligibility: No requirements for most services. For financial assistance program must be financially needy with physicians diagnosis of arthritis or related condition

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, Lake County, Monterey County, Napa County, San Benito County, Santa Cruz County, Solano County, Sonoma County

Application: Walk in, apply by phone or mail

Languages: Chinese (Mandarin), Spanish

Accessibility: Elevator wheelchair accessible restroom

Transportation: MUNI - Van Ness Lines, 31 Balboa, 38 Geary

Funding: Donations, grants

Asian Law Caucus

468 Bush Street, 3rd Floor
San Francisco CA 94108

Phone(s):
415-391-1655

Days & Hours
Monday-Friday, 9-12, 1-5

Person In Charge:
Peggy Saika, Executive Director

Services:
Provides general legal assistance, counseling, direct representation and community education. Services include cases involving employment labor immigration and legalization, appeals, tenant and other civil issues. Community education is provided through pamphlets, workshops, presentations to schools, and technical assistance to agencies. Referrals are given for domestic or divorce cases.

Fees: Vary according to income and service. First consultation is free

Eligibility: Must be low- to moderate-income person

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Walk in or apply by phone for appointment

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), Japanese, Korean

Accessibility: Elevator wheelchair accessible

Transportation: MUNI - 15 Third, 2 Clement, 3 Jackson, 4 Sutter

Funding: Grants, donations, United Way, City (Commission on Aging)

Bar Association of San Francisco
Lawyer Referral Service
Volunteer Legal Services Program (VLSP)
685 Market Street, Suite 700
San Francisco CA 94105

Phone(s):
415-764-1616 (Lawyer referral)
415-764-1600 (Bar Association)

Days & Hours
Monday-Friday, 9-5

Person In Charge:
Carol Woods, Director Lawyer Referral Service
Tanya Neiman, Director Volunteer Legal Services Program

Services:
Provides referrals to appropriate attorneys for clients with a variety of legal problems. Offers several special programs for low-income individuals through the Volunteer Legal Services Program (VLSP) VLSP staff interview clients by telephone and make referrals to individual volunteer attorneys through the No Fee Panel or to a clinic Clinics include family and landlord tenant issues Handles civil law cases only (no fee generating criminal or juvenile cases which the public defender can handle) Provides a free Legal Advice and Referral Clinic on the second Saturday of each month, from 10:30-noon, giving general legal advice on many topics cases The clinic is open to the general public The clinic is held at Hastings Law School, 198 McAllister Street (at Hyde) Interested persons can call the Lawyer Referral Service at 764-1616 for more information The Homeless Advocacy Project provides free legal clinics for people in immediate danger of becoming homeless Clinics are held the second and forth Thursday of each month at the Cadillac Hotel, 380 Eddy Street (at Leavenworth) from 1 30-3. The Immigration Legalization Project assists legalization applicants who have complex cases. This includes appeals for HIV seropostive applicants Also answers questions from employers about the new Immigration Reform and Control Act. Publishes a directory of free and low-cost legal services in San Francisco.

Fees: First half hour consultation $25 for regular and low-fee attorneys, additional fees negotiable. Free services available to eligible low-income and indigent clients

Eligibility: None except for low-fee and no-fee referrals

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese, Mandarin), Spanish

Accessibility: Not applicable Clients may request referral to an attorney whose office is wheelchair accessible

Transportation: Not necessary for service

Funding: Fees attorney fees, grants

Bay Area Physicians for Human Rights

4111 - 18th Street, Suite 6
San Francisco CA 94114

Phone(s):
415-673-3189 (Physician referral)

415-558-9353 (Administration)

Days & Hours
Monday, Wednesday, Friday,
9-4:30

Person in Charge:
Brian Dobrow, Executive Director

Services:
Provides referrals to physicians and dentists who are sensitive to lesbian and gay health care issues including AIDS and ARC.

Fees: None

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Apply by phone

Languages: None

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Dues

Bayview Hunter's Point Multipurpose Senior Center

[illegible] Yosemite [illegible]rd Street
San Francisco, CA 94124

Phone(s)
415-822-1444

Days & Hours
Monday-Friday 8-5
Saturday 9-3 30

Person in Charge:
G. Br[illegible]gram Program Director

Services:
Provides social, recreational, arts and crafts, exercise, nutritional and health programs for seniors primarily in southeastern San Francisco. Hot lunches are served six days a week. Classes are held in sewing and quilting. Guest speakers provide health and community service information. Health screening is provided for blood pressure and podiatry. Legal advice and forms assistance is regularly scheduled. A mini market sells produce at discount rates. Transportation is provided to and from the center and to off-site social events.

Fees: $1 25 donation requested for lunch. Some field trips have fees

Eligibility: Seniors age 60 or over

Area Served: San Francisco County, primarily Southeast District

Application: Walk in or apply by phone

Languages: Spanish (By arrangement)

Accessibility: Elevator, wheelchair accessible restroom

Transportation: MUNI - 15 Third, 54 Felton

Funding: City (Commission on Aging), United Way, donations

Bayview Hunter's Point Multipurpose Senior Center
Adult Day Health Center (ADHC)
1250 La Salle (Newcomb)
San Francisco CA 94124

Phone(s):
415-826-4774

Days & Hours
Monday-Friday 8-5 (Office)
Monday-Friday, 9.30-3 (Services)

Person In Charge:
Dr. George Davis, Executive Director
Cathy Koechlin, Program Director

Services:
Offers a multidisciplinary assessment and case management program for adults age 18 or over with functional impairments either physical or mental. The Center works with frail elderly stroke and heart attack survivors, and persons with handicapping conditions, to maintain maximum independence and avoid nursing home placement. Provides nursing and personal care, rehabilitation including physical, occupational and speech therapy. A hot lunch and snack are served daily. Social work services and a dietitian are available for consultation. Transportation to and from the Center is provided to residents of neighborhoods served.

Fees: Vary according to income ($5-$50 per day). Medi-Cal, private insurance accepted

Eligibility: San Francisco resident, age 18 or over, frail, under a physician's care and unable to maintain current level of functioning

Area Served: San Francisco County, Bayview - Hunter's Point, Potrero, and Sunnydale Districts

Application: Apply by phone

Languages: Chinese (Cantonese) (By arrangement)

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - 44 O'Shaunessy, 54 Felton. Wheelchair accessible van pickup service can be arranged

Funding: Donations, grants, United Way

Bernal Heights Community Center

515 Cortland Avenue (Andover)
San Francisco CA 94110

Phone(s)
415-648-0330

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Helen Heller, Executive Director
Mauricio Vela, Assistant Director Community Organizer
Vicki Victoria, Director of Senior Services
Michael Noon, Director of Housing Rehabilitation

Services:
A community-based multiservice center. The senior program provides a hot lunch, home delivered meals, information and referral senior discount fast passes, recreational activities and educational programs Offers door-to-door van service for eligible seniors. The job development program assists low-income youth in obtaining employment. The housing and development program provides rehabilitation loans to qualified low-income families and constructs new affordable housing. Publishes the New Bernal Journal bimonthly

Fees: $1.25 donation for senior lunch $3 50 for non-seniors

Eligibility: Age 60 or over for senior programs. Low income for housing and youth programs

Area Served: San Francisco County, Bernal Heights, Mission District

Application: Apply by phone

Languages: Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible

Transportation. MUNI - 24 Divisadero. Van service for eligible seniors

Funding: City (Commission on Aging, Mayor's office), donations, grants

Caleb G. Clark Potrero Hill Health Center

1050 Wisconsin Street (Connecticut)
San Francisco CA 94107

Phone(s):
415-648-3022

Days & Hours
Monday-Friday, 8.30-5:30
Wednesday, 8.30-7
24 hours daily (Medical emergencies)

Person in Charge:
Michael Drennan,, MD, Director

Services:
Offers complete medical and dental services for adults and children with consultation back-up provided through San Francisco General Hospital. Medical services include prenatal care, pediatrics, nutrition and podiatry A pediatrician, internist, and family practice physicians are on staff. Also offers health education outreach programs in neighborhood schools and day care centers. Dental services include fillings and root canals.

Fees: Vary according to income from 20% to 100% of cost. Medi-Cal, Medicare, private insurance accepted

Eligibility: No requirements

Area Served: San Francisco County, primarily Potrero Hill, Mission, South of Market and Bernal Heights Districts

Application: Walk in. Appointment or referral

Languages: Spanish
Filipino (Tagalog) (By arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - 19 Polk, 53 Southern Heights, 48 Quintara

Funding: Federal, city, county, fees

California Advocates for Nursing Home Reform (CANHR)

1610 Bush (Franklin)
San Francisco CA 94109

Phone(s):
415-474-5171

Days & Hours
Monday-Friday, 9-12, 1-4 30

Person in Charge:
Patricia McGinnis, Director

Services:
Advocates on behalf of nursing home residents Provides legal referrals in the areas of residents' rights violation personal injury, medical malpractice, Medicare, Medi-Cal, conservatorships, estate planning, wills, trusts, durable power of attorney and protective services. A consumer information service provides information on all Bay Area nursing homes and placement counseling. Produces consumer information booklets on Medi-Cal eligibility, long-term insurance, and patients rights Publishes as bi-monthly newsletter

Fees: Vary according to income and service

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, statewide

Application: Apply by phone

Languages: None

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Donations, grants

California College of Podiatric Medicine
Northern California Center for the Diabetic and Insensitive Foot
1835 Ellis (Scott)
San Francisco CA 94115

Phone(s):
415-292-0450

Days & Hours
Monday-Friday, 8-4 30 (Office)
Tuesday, 9-4
Thursday, 9-12 (Clinic)

Person in Charge:
James W. Stavosky,, DPM, Director
Steven J. Palladino,, DPM, Co-Director
Jeffrey Page,, DPM, Medical Director, Wound Care
Hope Desrochers,, RN, Clinical Coordinator, Wound Care Center

Services:
Provides evaluation and outpatient treatment of lower extremity, and foot problems with an emphasis on diabetic foot complications The goal of the program is to prevent amputation. Services include regular foot care and patient education, with a focus on preventative care. The Wound Care Center provides specialized care for patients with serious ulcers or chronic wounds that have not healed in conventional treatment.

Fees: Vary according to income and service. Medi-Cal, Medicare, private insurance accepted

Eligibility: Person with diabetes, Hansen's disease, non-healing ulcers or other circulatory problems

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Apply by phone. Appointment necessary

Languages: Chinese, Spanish

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - 31 Balboa, 38 Geary, 24 Divisadero

Funding: Fees

California College of Podiatric Medicine
Pacific Coast Hospital
Foot and Ankle Clinic
1835 Ellis (Scott)
San Francisco CA 94115

Phone(s):
415-292-0430

Days & Hours
Monday-Friday, 9-4
Saturday, 9-12
Tuesday, 4-7:30 pm

Person in Charge:
Dr Jeffrey Page Clinic Director

Services:
A specialty medical clinic, providing a full range of podiatric (foot and ankle care) services Screening and treatment of podiatric problems are provided. Also provides pharmacy, laboratory, x-ray, and physical therapy services.

Fees: None for screening Treatment fees vary according to income and service. Medi-Cal, Medicare, private insurance accepted

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Apply by phone Appointment necessary

Languages: Chinese, Filipino (Tagalog), Russian, Spanish (By arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - 31 Balboa, 38 Geary. Van transportation can be arranged for a group of 4-6 seniors

Funding: Student tuition, fees, endowments, donations

California Dental Association
Senior-Dent
760 Market Street, Room 828
San Francisco CA 94102

Phone(s):
415-421-1435 (Referral line)
415-986-5845 (Administration)

Days & Hours
24 Hours daily
Monday-Friday, 9-5

Person In Charge:
Loa Kingston, Executive Director

Services:
Refers seniors age 60 or over with a fixed income and no dental insurance to dentists who will provide comprehensive services for approximately 15% below their standard fees. Dental services include examinations, cleanings, and all other dental procedures. Financial arrangements, including the amount of reduction and financial terms are handled privately between the patient and dentist.

Fees: None for referral. Member dentists generally charge 15% less than the standard fee

Eligibility: San Francisco resident age 60 or over with an annual household income under $16,000, not eligible for Medi-Cal and with no private dental insurance

Area Served: San Francisco County

Application: Apply by phone

Languages: Referral service speaks only English. Dentists speak Chinese and Spanish

Accessibility: Varies according to dentist office

Transportation: Not applicable

Funding: Membership dues

California Foundation of Dentistry for the Handicapped
Donated Dental Services (DDS)
760 Market Street, Suite 827
San Francisco CA 94102

Phone(s):
415-956-6117

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Larry Coffee., DDS, National Director
Mick Whithill, DDS, Program Director

Services:
Volunteer dentists provide free dental care to low-income seniors or persons with a disability or chronic illness who can not afford dental care. Following a written application and telephone follow-up, clients are matched to a dentist according to their specific needs. Making and keeping appointments are the responsibility of the clients and or referring agency Follow-up calls are made to both the patient and dentist.

Fees: None for dentist. Client pays lab fees

Eligibility: Low-income physically or mentally disabled, low-income elderly or low-income person with a chronic illness

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County

Application: Written application required, social workers may submit applications on behalf of their clients or individuals may phone for an application

Languages: Vary according to dentist

Accessibility: Vary according to dentist

Transportation: Varies according to dentists office

Funding: Grants, donations

California Medical Review, Inc. (CMRI)
60 Spear Street, Suite 500
San Francisco CA 94105

Phone(s):
800-841-1602 (Hotline)
415-882-5800 (Administration)

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Jo Ellen H. Ross, Executive Director
Terry Ramirez, Regional Director
Leslie Baker, Outreach Coordinator

Services:
Acts as California's Medicare Peer Review Organization (PRO) Assesses hospital care given to Medicare patients to be sure it was provided in the appropriate health care setting and that it meets professionally recognized standards of quality. The hotline provides information, referral and assistance for Medicare related questions or problems. Advocates for Medicare patient health care rights. Offers a speakers' bureau of health care professionals to speak on issues of Medicare health care rights.

Fees: None

Eligibility: Medicare patient

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, Solano County, Sonoma County

Application: Apply by phone or mail

Languages: Interpreters (By arrangement)

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Federal (Department of Health and Human Services)

California Pacific Medical Center
California Campus
Psychiatric Services for Children, Adolescents and Adults
3626 Geary Blvd
San Francisco CA 94118

Phone(s)
415-750-6019

Days & Hours
Monday-Friday, 8:30-5

Person in Charge:
Charles T. Fisher, MD, Director

Services
Provides a full range of outpatient psychotherapy for children, adolescents and adults including psychological evaluations, play therapy, individual, couple family, and group therapy.

Fees: Vary according to income. Private insurance. Medi-Cal accepted for children who reside in San Francisco. Medicare accepted for geriatrics

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Apply by phone. Appointment necessary

Languages: Spanish (Monday-Friday, 8:30-5)
Others (By arrangement)

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 38 Geary

Funding: City, county, fees

California Pacific Medical Center
Garden Sullivan Hospital
2750 Geary Blvd. (Masonic)
San Francisco CA 94118

Phone(s):
415-921-6171, Ext. 240
(Admissions)

Days & Hours
Monday-Friday, 8 30-5

Person in Charge:
Patricia S. Foy., RN, Site Manager

Services:
Provides specialized care for patients in need of acute, subacute rehabilitative treatment or skilled nursing care in a hospital setting The skilled nursing units provide inpatient medical, rehabilitative and or supportive care to patients who no longer require acute hospital services, yet are not ready to be discharged The Garden Unit is a multidisciplinary medical unit specializing in the care of persons with HIV disease and hospice care for the terminally ill The Rehabilitation Unit provides comprehensive inpatient rehabilitation services for persons who have an impairment of function or a disability from illness or injury. Each patient receives an individualized treatment plan and is placed in either the skilled or acute rehabilitation unit.

Fees: Vary according to service. Medi-Cal, Medicare, private insurance accepted

Eligibility: Must meet Medicare, Medi-Cal or private insurance requirements for admission

Area Served: San Francisco County

Application: Walk in, apply by phone or physician referral

Languages: Interpreter (By arrangement)

Accessibility: Elevator ramp wheelchair accessible

Transportation: MUNI - 38 Geary, 43 Masonic

Funding: Pacific Presbyterian Medical Center

California Pacific Medical Center
Pacific Campus
Gero-Psychiatry Unit
2323 Sacramento (Webster)
San Francisco CA 94115

Phone(s):
415-923-3254

Days & Hours
24 hours daily

Person in Charge:
Mary De May., MD. Director

Services:
A multidisciplinary service that evaluates and treats elders with functional and organic mental disorders requiring acute psychiatric care in a hospital setting.

Fees: Daily room rates. Medi-Cal Medicare. private insurance accepted

Eligibility: Age 60 or over Must have a DSM3R Diagnosis. Cannot be bedridden or permanently incontinent or have primarily an acute medical problem

Area Served: San Francisco County

Application: Apply by phone. Referral necessary from mental health professional

Languages: Interpreter (By arrangement)

Accessibility: Elevator ramp special parking wheelchair accessible restroom

Transportation: MUNI - 1 California

Funding: County, client fees

California Pacific Medical Center
Senior Services
Adult Day Care Services
225 - 30th Street (Dolores)
San Francisco CA 94131

Phone(s):
415-550-2230 (Adult Day Health and Alzheimer's)
415-550-2250 (Rehabilitation)
415-647-6332 (TDD)

Days & Hours
Monday-Friday, 8 30-5

Person in Charge:
Veronica Rodriguez,, MSW, Director

Services:
The Adult Day Health Center is a community-based program of therapeutic social and health services designed to restore or maintain optimal capacity for self-care, and to avoid or postpone nursing home placement Program includes skilled health care, rehabilitation therapies, nursing and personal care, health and nutritional counseling, recreational activities, social services, hot noon meals and transportation to and from the center. The Alzheimer's program provides specialized day care in a highly structured setting for individuals suffering from dementia. The program provides respite, education and counseling for caregivers and family members. Two caregiver support groups are offered, one in English and one in Spanish. A small resource lending library is located on site. The Outpatient Rehabilitation Program is a restorative therapy program that provides physical, occupational and speech therapy in a community setting for persons who show a potential to improve with therapy. Nursing, social services and home evaluations are available. Stroke rehabilitation is a specialty. All participants are admitted under their physician's approval.

Fees: Vary according to income and service. Medi-Cal, Medicare, private insurance accepted

Eligibility: San Francisco resident, age 18 or over with functional, physical, or mental impairments, and frail elderly, who are at risk of nursing home placement

Area Served: San Francisco County, primarily Potrero, Diamond Mission, Noe, Eureka, Glen Park, Bernal districts

Application: Apply by phone

Languages: Spanish

Accessibility: Wheelchair accessible special parking ramp restroom

Transportation: MUNI - J Church, 14 Mission, 24 Divisadero, 26. Van transportation can be arranged

Funding: Fees, state, donations, United Way

California Pacific Medical Center
Senior Services
Retired Senior Volunteer Program (RSVP)
1125 Quintara (20th Avenue)
San Francisco CA 94116-1228

Phone(s):
415-731-3335

Days & Hours
Monday-Friday, 8:30-4:30

Person in Charge:
Nancy Landauer, Director

Services:
A resource center for seniors assisting them in locating volunteer opportunities. RSVP serves as a liaison between the senior and the agency. Attempts are made to place volunteers within his or her own neighborhood. Provides volunteer recognition activities, educational meetings and a bimonthl, newsletter

Fees: None

Eligibility: Age 60 or over

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Languages: Spanish (By arrangement)

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 48 Quintara, 28 Nineteenth Avenue, 66 Quintara

Funding: Action, city (Commission on the Aging), grants, donations

California Pacific Medical Center
Senior Services
Senior CARE Connections
225 30th Street (Dolores)
San Francisco CA 94131

Phone(s):
415-550-2253

Days & Hours
Monday-Friday 9-5

Person in Charge:
Arlene Phillips, Director

Services:
Provides trained staff to coordinate services for elders and their families by finding out what they need, recommending available resources and programs, and helping them to access services.

Fees: Vary according to service

Eligibility: No requirements

Area Served: Marin County, San Francisco County, San Mateo County

Application: Walk in, apply by phone or mail

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - J Church, 24 Divisadero, 14 Mission

Funding: Fees, grants, donations

California Pacific Medical Center
Senior Services
Thirtieth Street Senior Services
Volunteer Interchange Program (VIP)
225 30th Street (Dolores)
San Francisco CA 94131

Phone(s):
415-550-2210 (Senior Center)
415-550-2225 (Home meals)
415-550-2260 (VIP)
415-647-6332 (TDD)

Days & Hours
Daily, 8.30-5 (Senior Center)

Monday-Friday, 9-5 (VIP)

Person in Charge:
Valorie Vieira, Director

Services:
A bilingual multiservice center for seniors age 60 or over and their spouses Services include a pool room, library, bingo, dances, adult education, quilting, recreation exercise, field trips and health education. The nutrition program serves lunch 365 days a year at the center as well as several other sites throughout the city The Home Delivered Meals program delivers meals to homebound seniors unable to come to the center The Voluntary Interchange Program (VIP) provides a system of voluntary service exchange among senior and disabled persons Members assist each other by performing specific tasks to assist others in remaining in their own home. The volunteer receives service credits for tasks performed that can be redeemed later for needed assistance Non-seniors may also participate in this program.

Fees: Voluntary annual membership fee $12. $1.25 Donation requested for meals

Eligibility: Seniors age 60 or over and their spouses

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Spanish

Accessibility: Wheelchair accessible ramp restroom

Transportation: MUNI J Church, 14 Mission, 24 Divisadero

Funding City (Commission on Aging), donations, grants, United Way, membership fees

California State Department of Health Services
Health Facilities Licensing
939 Market Street, Room 100
San Francisco CA 94103

Phone(s):
415-557-1711

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Millie A. Francois, District Administrator

Services:
Licenses all health facilities in the area served which fall under the specifications of the California Administrative Code (CAC), Title 22, Division 5 Facilities include general acute care hospitals, acute psychiatric hospitals, skilled nursing facilities (nursing homes), intermediate care facilities (convalescent homes), referral agencies, clinics and home health agencies. Provides information on facilities and regulations on request. There is a public file of deficiency notices on individual facilities licensed through this office which can be reviewed in person daily between the hours of 9 am-12 pm and 1-4 pm. Persons wishing to file a complaint may call the Nursing Home Complaint Hotline at 557-1711.

Fees: Vary according to license

Eligibility: No requirements

Area Served: Marin County, San Francisco County, San Mateo County

Application: Apply by phone to file a complaint Prefer persons to apply by mail for other services

Languages: Spanish

Accessibility: Elevator wheelchair accessible

Transportation: MUNI - Market Street lines, BART - Powell Street Station

Funding: State, federal

California State Department of Rehabilitation
Civic Center Office

30 Van Ness Avenue, Suite 3200 (Market)
San Francisco CA 94102

Phone(s):
415-557-3800 (Voice & TDD)

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Jim E. Kay, District Administrator
Mario Quevedo, Rehabilitation Supervisor

Services:
Provides vocational counseling, testing, job training and job placement to physically or mentally handicapped persons to assist them to become competitively employed. Can arrange for medical, surgical or psychiatric services to remove or reduce the disability which is interfering with employment opportunities. Provides artificial appliances, special work tools, licenses or occupational equipment necessary for employment. Provides assistance with job placement and follow up.

Fees: None

Eligibility: Individuals of employable age who have a physical, mental or emotional disability which constitutes a bar to employment and who show a reasonable promise that the assistance available will enable them to engage in paid work

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Chinese (Cantonese, Mandarin), Farsi, Filipino (Tagalog), Greek, Spanish, Turkish

Accessibility: Elevator ramp wheelchair accessible restroom information on tape or in braille interpreter for the deaf available

Transportation: MUNI - Market Street lines, 47 Van Ness

Funding: State, federal

California State Department of Rehabilitation
North Point Office
2720 Taylor Street, Suite 420 (Beach)
San Francisco CA 94133

Phone(s):
415-771-7200 (Voice & TDD)

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Jim E. Kay, District Administrator

Services:
Provides vocational counseling, testing, job training and job placement to physically or mentally handicapped persons to assist them to become competitively employed. Can arrange for medical, surgical or psychiatric services to remove or reduce the disability which is interfering with employment opportunities. Provides artificial appliances, special work tools, licenses or occupational equipment necessary for employment. Provides assistance with job placement and follow up.

Fees: None

Eligibility: Individuals of employable age who have a physical, mental or emotional disability which constitutes a bar to employment and who show a reasonable promise that the assistance available will enable them to engage in paid work

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog)

Accessibility: Elevator ramp wheelchair accessible restroom information on tape or in braille interpreter for the deaf available

Transportation: MUNI - 19 Polk

Funding: State, federal

California State Employment Development Department (EDD) Job Search Center

745 Franklin Street (Turk)
San Francisco CA 94102

Phone(s):
415-557-8651

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Richard Leo Supervisor
Billie Ray, Manager

Services:
A no-fee employment service for anyone looking for a job and for employers with jobs to list. Offers job listings including state personnel openings and job search seminars on effective resume writing, interviewing techniques, organizing a job search, transferring job skills and labor market information Job track workshops offered to persons age 16-24 Maintains a resource library, and typewriters are available for use.

Fees: None

Eligibility: Must be legally entitled to work in the United States

Area Served: San Francisco County

Application: Apply by phone or walk in

Languages: Chinese (Cantonese), Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - 5 Fulton, 31 Balboa, Van Ness Lines

Funding: State

California State Employment Development Department (EDD) Job Service

801 Turk Street (Franklin)
San Francisco CA 94102

Phone(s):
415-557-3038
415-557-1237 (Casual Labor)
415-557-8725 (Youth Services)
415-557-1177 (Tax Credit)
415-557-3038 (Job Agent)
415-557-1085 (To place job orders)

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Billy Ray, Manager
Dennis Rogers, Alternative Manager

Services:
Provides a variety of employment related services to California residents. These include job search workshops, job referrals and placement, casual labor which is mostly short-term manual labor, and a veteran's employment representative. The Job Agent program provides employment related supportive services to economically disadvantaged applicants. The Service Center program provides intensive, coordinated services to long term unemployed. Offers youth employment programs during the summer and year round. The GAIN Program offers job search training and placement to persons currently receiving AFDC. Also available at this office are the Federal Bonding Program and information about the Job Tax Credit program which offers tax incentives to employers if they hire new employees from certain eligible groups.

Fees: None

Eligibility: Must be legally entitled to work in the United States

Area Served: San Francisco County

Application: Walk in

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 5 Fulton, 31 Balboa, Van Ness lines

Funding: State, federal (Department of Labor)

Catholic Charities of San Francisco
Division of Aging
1049 Market Street Suite 200 (6th Street)
San Francisco CA 94103

Phone(s):
415-864-7400

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Anne Hinton, Director

Services:
Provides services for frail seniors and their families. Services include case management, assistance in locating homemakers, counseling for homebound elders and their families, and support groups. The Committee for the Aging is a volunteer organization established to address concerns of seniors. Offers self-help, empowerment, legislative advocacy and education on issues of concern to seniors.

Fees: Varies according to income and service

Eligibility: Age 62 or over

Area Served: San Francisco County

Application: Apply by phone

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines

Funding: Donations, memberships

Catholic Charities of San Francisco
Noriega Social Adult Day Program
3601 Noriega (43rd Avenue)
San Francisco CA 94122

Phone(s):
415-665-0575

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Jeanette Ramsey, Director
Patti Clement, Activities Coordinator

Services:
A licensed Adult Day program which provides a structured environment in which frail or chronically impaired seniors can safely participate in social educational and recreational activities supervised by professional staff. Van transportation can be arranged from the Sunset, Richmond and OMI districts. Also provides telephone reassurance and distributes Gold cards and MUNI fast passes for seniors.

Fees: Varies according to income

Eligibility: San Francisco resident age 55 or over

Area Served: San Francisco County, primarily Richmond, Sunset and OMI districts

Application: Apply by phone

Languages: None

Accessibility: Small step in front of building, staff will assist

Transportation: Van Transportation can be arranged for OMI, Richmond or Sunset districts. MUNI - 18 Sloat, 29 Sunset

Funding: City, donations, fees

Catholic Charities of San Francisco
OMI Senior Center
446 Randolph (Arch)
San Francisco CA 94132

Phone(s):
415-587-1443

Days & Hours
Monday-Friday, 9-3

Person in Charge:
Priscilla M. Wilder Director

Services:
A multipurpose senior center serving the Oceanview, Merced and Ingleside Districts of San Francisco. Classes are offered in needlework, art, crafts, music and history. Recreational and social activities and monthly field trips are provided. A hot lunch is served daily. Periodic health screenings are given. Transportation to the Center can be arranged for area residents.

Fees: $1.25 Meal donation requested. No fee for other services

Eligibility: Senior age 55 or over

Area Served: San Francisco county, primarily Oceanview, Merced, Ingleside districts

Application: Walk in or apply by phone

Languages: None

Accessibility: Wheelchair accessible ramp

Transportation: MUNI - M Oceanview

Funding: City (Commission on Aging), United Way, Catholic Charities

Center for Elderly Suicide and Grief Related Services
Friendship Line for the Elderly
Mail: 4110 Geary Blvd.
San Francisco CA 94118

Phone(s):
415-752-3778
415-752-2437 (Grief related services)

Days & Hours
24 hours daily
Monday-Friday, 9-5

Person in Charge:
Patrick Arbore, Executive Director

Services:
Provides emotional support and information to lonely, homebound or isolated seniors. In addition to telephone support, friendly volunteers may visit isolated elders in the hospital or their home. Answers the Senior Information and Referral telephone line after business hours. A member of the Coalition for Elder Abuse Prevention. Offers grief related services for individuals who have suffered a sudden death, suicide or other traumatic loss. Provides group support for survivors of suicide and individual counseling for all others.

Fees: None

Eligibility: Age 60 or over for the Friendship Line

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese, Spanish

Accessibility: Not necessary to receive service

Transportation: Not necessary to receive service

Funding: City, donations, United Way

Center for Southeast Asian Refugee Resettlement

875 O'Farrell Street (Polk)
San Francisco CA 94109

Phone(s):
415-885-2743

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Vu Duc Vuong Director
Dinh Nguyen, Deputy Director
Cathy Miller, Health Education Coordinator

Services:
Provides services for refugees and immigrants including job placement, vocational training, on-the-job training Small Business Development, social services, and community advocacy The Language Bank provides translation and interpretation services The AIDS program provides community outreach and education to Vietnamese Laotians and Cambodians. This includes printed materials, trainings for social service workers on special needs of Southeast Asians and individual counseling for persons diagnosed with AIDS or ARC

Fees: Vary according to income and service

Eligibility: Some services require legal refugee status

Area Served: Alameda County Contra Costa County, Marin County, San Francisco County San Mateo County

Application: Apply by phone Appointment preferred

Languages: Cambodian Chinese (Cantonese, Mandarin), Farsi, French, Hmong Japanese Laotian, Russian, Vietnamese

Accessibility: Wheelchair entrance at 80 Olive

Transportation: MUNI 31 Balboa, 38 Geary, 19 Polk, 5 Fulton

Funding: City, state federal grants, donations

Central City Hospitality House

146 Leavenworth Street (Golden Gate)
San Francisco CA 94102

Phone(s):
415-776-2102

Days & Hours
Monday-Friday, 9-5 (Office)
Monday-Friday, 4 15-7:30 pm (Drop-in)
Daily 8 pm-6.30 am (Shelter)

Person in Charge:
Robert Tobin, Executive Director

Services:
A multiservice center for San Francisco's Tenderloin District. Services include an adult drop-in center which offers social and recreational activities, advocacy with social services, counseling, referrals. Job development and placement assistance, free clothing and a mail message service. A creative arts program provides free art materials for workshops in drawing, painting, printmaking and sculpture. Conducts writers and poets workshops and other special events Offers special outreach to seniors and disabled persons. The Streetwork Youth Diversion Program provides job preparation skills, individual and family counseling and independent living skills. An emergency night shelter provides overnight shelter for 25 men age 18 or over. A youth shelter houses up to 20 homeless youth at a time. Cambridge Hotel is a 60 room single occupancy transitional housing program which offers case management and supportive services. The Volunteer Development Program provides job skill development and job placement. Publishes a monthly community newspaper, 'The Tenderloin Times' in four languages.

Fees: None

Eligibility: Must be age 17 or under for youth services. No requirement for other services

Area Served: San Francisco County, primarily the Tenderloin District

Application: Walk in or apply by phone

Languages: Cambodian, Spanish (By arrangement)

Accessibility: Wheelchair accessible on first floor

Transportation: MUNI - Market Street lines, 5 Fulton, 31 Balboa, 19 Polk
BART - Civic Center Station

Funding: Donations, county, United Way, state, federal

Centro Latino de San Francisco

1656 - 15th Street (Julian)
San Francisco CA 94103

Phone(s):
415-861-8758

Days & Hours
Monday-Friday, 9-5

Person in Charge.
Gloria Bonilla Director

Services:
Offers social activities, translation services, Sunday field trips, dances, and arts and crafts for seniors age 60 or over. Also provides case management, housing placement and referrals, emergency financial assistance, support groups and counseling, and lunch at 12 pm and 12:30 pm, Monday through Friday. Provides transportation services for shopping and medical appointments

Fees: $1 donation for lunch

Eligibility: Mission District resident age 60 or over

Area Served: San Francisco, Mission District

Application: Walk in

Languages: Spanish

Accessibility: Ramp

Transportation: MUNI - 26 Valencia, 49 Van Ness-Mission, 12 Folsom, 14 Mission, 53 Southern Heights. BART - 16th Street Station

Funding: City, donations

Cerenio Management Group (CMG)
San Francisco Paratransit Broker
544 Golden Gate Avenue
San Francisco CA 94102

Phone(s):
415-495-6081

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Masato Inada, Director

Services:
Provides three transportation services to persons who are unable to use public transportation because of a disability. Taxi vouchers are discount vouchers which may be used in taxis in San Francisco. Priority for vouchers is given to frail elders, persons with AIDS and persons who need life support services such as hemodialysis, radiation treatments or chemotherapy. The van service provides lift equipped vans to transport individuals anywhere within San Francisco or to the San Francisco airport. The van may be used for medical appointments, shopping, school, church or recreational activities. A group van service is available for groups of seven or more disabled persons for shopping or recreational activities.

Fees: Van - 40 cents per ride or $4.50 for a monthly pass. Taxi - Fee for vouchers vary according to income

Eligibility: Unable to use public transportation because of a disability. Must be certified by a physician

Area Served: San Francisco County

Application: Apply by phone. Physician must complete a certification form. Applications accepted for waiting list of several hundred persons. Priority to need for life support services

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), Russian, Spanish, Vietnamese

Accessibility: Wheelchair equipped van service

Transportation: Not applicable

Funding: Federal, city

Chinese Newcomers Service Center

777 Stockton Street, Room 104 (Sacramento)
San Francisco CA 94108

Phone(s):
415-421-0943

Days & Hours
Monday-Friday 8.30-5.30

Person in Charge:
Po S. Wong, Director

Services:
Facilitates the adjustment process of Chinese immigrants and refugees by providing multiple services, including bilingual information and referral, adjustment counseling, translation and interpretation, emergency contact cultural education, job orientation, job placement, immigration and forms assistance, group activities, advocacy, legal consultation and free clothing. Publishes a monthly community newsletter and produces community education programs for Chinese television.

Fees: Most services are free, otherwise vary according to income

Eligibility: Primarily low-income Chinese speaking families

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Walk in or apply by phone

Languages: Chinese (Cantonese, Mandarin)

Accessibility: Accessible with assistance

Transportation: MUNI - 30 Stockton, 1 California, California Street Cable Car

Funding: United Way, city, donations

City College of San Francisco
Mission Campus
106 Bartlett (22nd Street)
San Francisco CA 94110

Phone(s):
415-550-4384

Days & Hours
Monday-Thursday 8-8 30
Friday. 8-4 30

Person in Charge:
Diane Verdugo, Director
Berna Katuna, Assistant Director, Older Adults Program

Services:
Provides educational opportunities for San Francisco residents Classes offered at this center include: Adult Basic Education (ABE), Bookkeeping Accounting, Clerical Secretarial, Computer Studies, English as a Second Language (ESL), General Education Development (GED) Preparation, Graphic Arts Advertising Production and Word Processing The Older Adults Program offers learning programs for persons age 55 or over Classes are taught at the College Center as well as at a variety of senior centers.

Fees: Tuition free. Books and materials vary according to class

Eligibility: San Francisco resident age 18 or over

Area Served: San Francisco County

Application: Walk in to counseling office

Languages: Spanish

Accessibility: Facility is not wheelchair accessible

Transportation: MUNI - Mission Street lines, 26 Valencia

Funding: City, county, state, federal

City College of San Francisco
Southeast Campus
1800 Oakdale (Phelps
San Francisco CA 94124

Phone(s):
415-550-4300 (Information)
415-550-4308 (Counselors)

Days & Hours
Monday-Friday, 8-5 (Office)
Some classes held weekends and evenings

Person in Charge:
Juanita Owens., EdD Director

Services:
Provides educational opportunities for San Francisco residents. Classes include. Adult Basic Education. Care of AIDS patients, Care of Alzheimer's patients, Care of the Developmentally Disabled Clerical Secretarial, Computer Studies. Dressmaking. English as a Second Language (ESL), General Education Development (GED) preparation. Geriatric Home Aide. Home Health Aide Nursing Assistant Hospice Aide and Licensed Vocational Nursing.

Fees: None

Eligibility: San Francisco resident age 18 or over

Area Served: San Francisco County

Application: Walk in

Languages. Chinese (Cantonese), Filipino (Tagalog), Spanish

Accessibility. Wheelchair accessible restroom ramp

Transportation: MUNI - 15 Third, 23 Monterey, 24 Divisadero, 44 O'Shaughnessy

Funding City county, state, federal

Clearinghouse for Home Delivered Meals

965 Mission, Suite 600
San Francisco CA 94103

Phone(s):
415-495-3660

Days & Hours
Monday-Friday, 9-5
Answering machine if not available

Person in Charge:
Sarah W. Choy Coordinator

Services:
Provides intake and prioritizes requests from discharge planners and social workers who are arranging for home-delivered meals for San Francisco seniors age 60 or over. The Clearinghouse takes all requests city-wide, prioritizes the waiting list and refers requests to the appropriate providers There are eight providers of home delivered meals throughout San Francisco.

Fees: None

Eligibility: The clearinghouse is for the exclusive use of discharge planners and social workers. Clients must be San Francisco residents age 60 or over who are homebound

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese)

Accessibility: Not applicable

Transportation: Not necessary to receive service

Funding: City (Commission on Aging), grants

Coalition of Agencies Serving the Elderly
CASE
1182 Market Street, Room 320
San Francisco CA 94102

Phone(s):
415-626-1033

Days & Hours
Monday-Friday, 8:30-4:40

Person in Charge:
Jack McKay, President

Services:
An organization of agencies and individuals who work with seniors. The purpose of the organization is to provide program planning and development, service coordination, advocacy, networking, information and education. Meetings are held the 4th Monday of each month at 3 PM. Meetings are held at various locations throughout the city. Phone for information.

Fees: $40 for organization with voting rights, $20 for individuals (no vote), $10 for students or seniors (no vote)

Eligibility: Agency that represents seniors or individual involved with seniors

Area Served: San Francisco County

Application: Apply by phone

Languages: None

Accessibility: Varies according to meeting site

Transportation: MUNI - Market Street lines

Funding: Memberships

Coming Home Support Services

220 Montgomery Street, Suite 383 (Bush)
San Francisco CA 94104

Phone(s):
415-296-0937

Days & Hours
Monday-Friday, 9-5

Person in Charge:
David C. Jonson, Director of Financial Services

Services:
Provides daily money management, case management, legal support and protective services to older persons, people with AIDS HIV disease, and other adults who are functionally impaired or seriously ill. Assists clients with banking, bill-paying, budgeting, filing and monitoring medical insurance claims forms, organizing financial materials for income taxes, and pre-paying funeral/burial arrangements. Will also serve as a representative payee to handle Social Security benefits, as a durable power of attorney for financial decisions, conservator of estate, conservator of the person, and serve as 'Responsible Party' for persons who need a co-signatory to gain admission to a skilled nursing facility.

Fees: $48 hour

Eligibility: Adults with a functional impairment that interferes with their ability to handle their own financial, legal or personal affairs

Area Served: San Francisco County, San Mateo County

Application: Apply by phone or mail. Appointment necessary

Languages: Spanish

Accessibility: Elevator ramp

Transportation: MUNI - 2 Clement, 3 Jackson, 4 Sutter, 15 Kearny, 42 Montgomery. BART - Montgomery Street Station

Funding: Client fees, grants, donations

Community Hospice Foundation
Hospice by the Bay
1550 Sutter Suite 300 (Gough)
San Francisco CA 94109

Phone(s)
415-673-2020

Days & Hours
24 hours daily

Person in Charge:
Pamela Carroll, RN, Executive Director
Laurie Smith, RN, Director of Nursing
Sandra Napoleone,, LCSW, Director of Support Services

Services:
Provides services and care to individuals and their families during the late stages of a terminal illness. Home Care services include nursing, home health aides homemaker services, physical therapy speech therapy, dietary counseling, social services, bereavement counseling, patient family education and occupational therapy. Lois Hodge House is a four-bed inpatient home for persons who cannot remain in their own home. Also offers an inpatient hospice unit for patients who require skilled nursing care and are unable to remain at home

Fees: Vary according to service. Medi-Cal, Medicare, private insurance, military insurance accepted

Eligibility: Patient consent to hospice care, diagnosed as terminal (6 months or less), a primary caregiver if at home

Area Served: San Francisco County, San Mateo County

Application: Apply by phone, referral from hospital, or apply by mail

Languages Chinese, Filipino (Tagalog), Spanish

Accessibility: Special parking ramp elevator wheelchair accessible through rear door if driving (steep driveway)

Transportation: Not necessary for service

Funding: Donations, grants, fees

Community Music Center
Mission Branch
544 Capp Street (20th Street)
San Francisco CA 94110

Phone(s):
415-647-6015 (Mission Branch)
415-221-4515 (Richmond District Branch)

Days & Hours
Monday-Friday, 9-7
Saturday, 9-5

Person in Charge:
Stephen R. Shapiro, Director

Services:
Provides music lessons for people of all ages and backgrounds. Offer a full range of musical styles for instrument and voice including Western, Classical, Latin, Chinese, Jazz and popular. Operates the San Francisco Children's Chorus and the Community Music Center Children's Chorus. Students occasionally give performances. Encourages senior citizen involvement The Richmond District branch is located at 741 - 30th Avenue, San Francisco, 94121.

Fees: Vary according to income, age and program

Eligibility: Minimum age 2 years and 8 months

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Walk in or apply by phone for appointment

Languages: Chinese (Cantonese, Mandarin), German, Spanish

Accessibility: Wheelchair accessible at Richmond District Branch

Transportation: MUNI - Van Ness, Mission Street Lines. BART - 16th and 24th Street Stations. Richmond Office - 31 Balboa

Funding: Fees, United Way, grants, donations

Consumer Action

116 New Montgomery Street, Suite 223
San Francisco CA 94105

Phone(s):
415-777-9635 (Consumer Hotline)
415-777-9648 (Business office)

Days & Hours
Monday-Friday, 10-3
Monday-Friday, 8-6

Person in Charge:
Ken McEldowney, Director

Services

A consumer group which provides research and education. A community switchboard and referral service is available at no cost. All counseling is done over the phone There are no lawyers on staff, and no legal advice is given. Periodic consumer surveys are available at minimal cost (usually postage) A bimonthly newsletter is sent to members. The Banking Information Project provides information about banking services in California. The Telephone Information Project (TIP) provides information about California telephone services Educational materials are available to nonprofit community groups at no charge for distribution to their clients. Many publications are translated into five languages.

Fees: Membership $25 per year, low-income persons $10 and seniors $15 per year, cost of postage for consumer guides

Eligibility: No requirements

Area Served Alameda County, Contra Costa County, Marin County, San Francisco County San Mateo County, Santa Clara County, statewide

Application: Apply by phone or mail

Languages: Cambodian Chinese (Mandarin), Spanish

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding Grants membership dues

Consumer Credit Counselors of San Francisco and the Peninsula

31 Geary Street (Kearny)
San Francisco CA 94108

Phone(s):
800-464-2344 (from 415, 707 areas)
415-788-0288 (San Francisco)
707-527-9221 (Santa Rosa)

Days & Hours
Monday-Friday, 8:30-8

Monday-Thursday, 8:30-5
Friday, 8:30-1

Person in Charge:
Cathy Pietruszewski, Executive Director
Marian Chapman, Supervising Counselor, Santa Rosa Branch

Services:
Provides counseling on alternatives for debt liquidation, family money management, budget planning and the various uses of credit. Assists individuals to develop a workable plan for the orderly liquidation of their debts. A speakers' bureau is available to speak to groups on personal finance and credit. A branch office is located at 1371 Neotomas, Suite A, Santa Rosa.

Fees: None for counseling or lectures. Fees for administration of repayment plan vary according to income, average $5 per month

Eligibility: No requirements

Area Served: Marin County, San Francisco County, San Mateo County, Sonoma County

Application: Walk in or apply by phone

Languages: Chinese (Cantonese), Spanish

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - Market Street Lines BART - Montgomery Street Station

Funding: Fees, donations

Deaf Counseling Advocacy and Referral Agency (DCARA)
San Francisco Outreach Office
3120 Mission Street
San Francisco CA 94110

Phone(s)
415-821-6219
(Voice-Employment)
415-821-6216
(TDD-Employment)
415-552-6368 (Voice)
415-552-6374 (TDD)

Days & Hours
Monday-Friday 8-12 1-4

Thursday, 8-12 1-4

Person in Charge:
Doreen Baldwin, Office Director

Services:
Provides job placement and employment services to persons who are deaf or hard of hearing. Also provides information and referral, counseling, advocacy independent living skills, and interpreter services to hearing impaired persons and their families at the Deaf Club on Thursdays. The San Francisco Deal Club is located at 530 Valencia Street.

Fees: None

Eligibility: Hearing-impaired

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: American Sign Language

Accessibility: Wheelchair accessible

Transportation: MUNI - Mission Street lines

Funding: United Way

Diamond Senior Center

117 Diamond Street (19th Street)
San Francisco CA 94114

Phone(s):
415-863-3507

Days & Hours
Monday-Friday, 9-4

Person in Charge:
Betty Garvey, Director

Services:
A Senior Center which provides social, recreational, and educational activities as well as health screening Serves lunch five days a week Provides sale of discount MUNI and BART passes, podiatrist services, blood pressure checks, exercise and aerobic classes, library and bookmobile, walking trips, films, Spanish and Russian classes, lectures and cultural events, dances, parties, theatre and concert trips, folk dancing, tap dancing bingo, bridge, singing, Tai Chi, current events and arts and crafts classes and intergenerational activities with Live Oak School.

Fees: $1.25 donation for lunch

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily Eureka Valley and Noe Valley districts

Application: Walk in or apply by phone

Languages: None

Accessibility: Wheelchair accessible ramp

Transportation: MUNI - 8 Market, 24 Divisadero, 33 Stanyan, K Ingleside, L Taraval, M Oceanview, 35 Eureka

Funding: City

Economic Opportunity Council (EOC)

70 - 10th Street, 3rd Floor (Market)
San Francisco CA 94103

Phone(s):
415-863-2121
415-863-5240 (Commodity Supplemental Food Program)
415-863-5321 (Senior Commodity Supplemental Food Program)

Days & Hours
Monday-Friday, 8.30-5

Person In Charge:
Ernest L. Oliver, Director

Services:
An anti-poverty community service system providing information and referral for legal, medical, furniture and food needs. An Early Childhood Development Program provides educational and nutritional services for disadvantaged preschool children whose parents are enrolled in school, job training, or who are looking for work. Operates nine childcare centers throughout the city. Infant child care provided in the Chinatown area. The Homeless Program provides job and skill assessment and preparation through assistance with identification, clothing, transportation, eyeglasses, work tools or shoes (when necessary), reinstatement in unions and other basic needs for job readiness. The Homeless Prevention Program is designed to help families or individuals with an eviction or foreclosure notice who can show that they will remain stable if they receive one time only assistance. This is not a rental assistance program. Clients must prove that they have been paying rent or a mortgage in San Francisco and that this will not be a reoccuring problem. Donations of usable furniture, appliances and clean clothing are given to low-income clients on an as available basis. A Commodity Supplemental Food Program provides nutritious foods for women during pregnancy and 12 months postpartum, infants, and children up to age six. Supplemental foods including infant formula, evaporated milk, non-fat dry milk, egg mix, peanut butter, cereal, canned meat, vegetables, fruit and fruit juices. The foods are distributed monthly through five distribution centers throughout the city. The Temporary Emergency Food Assistance Program (TEFAP) distributes Government surplus foods such as butter and flour at fourteen community sites once a month. The TEFAP Program is open to all low-income San Francisco residents. Distribution is by zip code. As a member of the Emergency Food Box Program, makes food referrals for families in an emergency situation. The Senior Community Service Project offers part-time employment in nonprofit agencies for low-income seniors age 55 or over. The Energy Assistance Program is described separately.

Fees Vary according to income for child care. No fees for other services.

Eligibility Low income. San Francisco resident.

Area Served San Francisco County

Application: Apply by phone. Appointment necessary for some services

Languages: Chinese (Cantonese, Mandarin) Filipino (Tagalog) Portugese, Russian, Spanish

Accessibility: Wheelchair accessible

Transportation: Varies according to site, phone for information

Funding: City, state, federal

Economic Opportunity Council (EOC)
Low Income Home Energy Assistance Program (LIHEAP)

1173 Mission Street (8th Street)
San Francisco CA 94103

Phone(s):
415-626-0914

Days & Hours
Monday-Friday, 8:30-5

Person in Charge:
Brian Hong, Program Coordinator

Services:
Provides energy assistance for low-income San Francisco residents. The Weatherization Project provides free attic insulation caulking, water heater blankets, weather stripping, and adjustment of gas appliances. The Energy Crisis Intervention Program (ECIP) provides limited financial assistance to help pay PG&E bills when funds permit The maximum assistance is $300. Will assist individuals to apply for other state energy programs.

Fees: None

Eligibility: San Francisco resident on SSI, AFDC, food stamps or food stamp eligible 15-day or 48-hour shutoff notice needed

Area Served: San Francisco County

Application: Apply by phone Appointment necessary

Languages: Chinese (Cantonese) Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI Mission Street Lines, 19 Polk

Funding: Federal, state

Enterprise for High School Students

3275 Sacramento (Presidio)
San Francisco CA 94115

Phone(s):
415-921-6554 (Job Line)
415-921-2020 (Apprenticeships)
415-921-1411 (Antiques Show)

Days & Hours
Monday-Friday, 9-5

Person In Charge:
Peter Skov, Executive Director
Sally Mitchell, Apprenticeship Director
Terry Grant, Antiques Show Director

Services:
Provides San Francisco high school students from diverse backgrounds with jobs and career apprenticeships appropriate to their skill levels A Job Referral Program prepares students to succeed in their jobs, develop good work habits, and gain employment experience. An Apprenticeship Program provides committed high school juniors and seniors with opportunities to explore a variety of career areas in the business and professional world.

Fees: None

Eligibility: San Francisco High School students 9th - 12th grade. Employers must be San Francisco business or resident

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter, 22 Fillmore, 43 Masonic, 24 Divisadero

Funding: Grants, donations, annual fall antiques show

Environmental Traveling Companions (ETC)

Fort Mason Center, Building C
San Francisco CA 94123

Phone(s):
415-474-7662

Days & Hours
Monday-Friday, 10-5

Person in Charge:
Diane Poslosky, Director
Charlotte Smith, Assistant Director

Services:
Provides year-round outdoor adventure programs for disabled or disadvantaged persons age 10. The programming includes river rafting, cross-country skiing, and sea kayaking. Groups must provide their own transportation to the trip site and their own food for the trip. Supervises trip activity rents the facilities, and provides all equipment including instructors and guides If a disabled person uses an attendant every day at home, the attendant needs to accompany him or her on the trip Adult supervisors must accompany their group

Fees: Vary according to income and service

Eligibility: Age 10 or over, physically able to travel

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Sonoma County

Application: Apply by phone or mail

Languages: American Sign, Spanish (By arrangement)

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - 22 Fillmore, 28 Nineteenth Avenue, 30 Stockton
Groups must provide their own transportation to recreation locations

Funding: Trip fees, grants, donations, memberships

Episcopal Community Services
Canon Kip Community House
705 Natoma (8th Street)
San Francisco CA 94103

Phone(s):
415-861-6801

Days & Hours
Monday-Friday, 8.30-5 (Office)
Daily, 8.30-2:30 (Senior Center)

Person in Charge:
Betty Crowder, Program Director

Services:
A multiservice neighborhood center that provides social services to seniors age 60 or over. The Senior Homeless program provides comprehensive case management, a day time drop-in center, money management, and a representative payee project. The Senior Center offers a hot lunch at 11 30 daily, information and referral, mini-clinics, outings for recreation and entertainment, exercise classes, movies, arts and crafts. Van transportation can be provided for groups to and from the following senior centers Canon Kip, North of Market Senior Center Visitation Valley, and Potrero Center

Fees: $1.25 donation requested for senior lunch

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily South of Market District

Application: Walk in or apply by phone

Languages: Filipino (Tagalog)

Accessibility: Natoma entrance wheelchair accessible vans are not wheelchair accessible

Transportation: MUNI - Market and Mission Street lines, 19 Polk, 41 Howard. BART - Civic Center Station

Funding: United Way, city (COA, CMHS, MOCD), donations

City and County of San Francisco 3 1223 04513 024 3

Executive Service Corps of the San Francisco Bay Area

70 - 10th Street, Suite 201 (Market)
San Francisco CA 94103

Phone(s):
415-431-2422

Days & Hours
Monday-Friday, 10-2 (Answering machine at other times)

Person in Charge:
Ernest T. Mock, President
Jeanne Nelson, Director of Volunteer Programs

Services:
Retired executives volunteer their time and experience to help nonprofit organizations that need management advice and assistance. Areas of consultation include long-range planning, marketing, personnel management, facilities planning and construction, organizational development, budget, finance and resource allocation, public relations, office practices and administration. Following an initial appraisal consultation, a consultation agreement is negotiated and the consultant works in cooperation with the client organization.

Fees: None for initial appraisal Vary according to service and ability to pay for consultation

Eligibility: Nonprofit, public service organization

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County

Application: Apply by phone or mail

Languages: None

Accessibility: Elevator wheelchair accessible restroom

Transportation: MUNI - Mission and Market Street lines, BART Civic Center Station

Funding: Grants, donations

Family Service Agency of San Francisco
Family Stress Department
Japanese Family Service Program
1010 Gough Street (Eddy)
San Francisco CA 94109

Phone(s):
415-474-7310

Days & Hours
Monday-Friday, 8:30-5
Evenings by appointment

Person in Charge:
Shirley Shiromoto, Program Director

Services:
Provides counseling and crisis intervention to Japanese individuals, couples, families and groups. Bicultural, bilingual Japanese professionals help with marital problems, parent-child communication, school difficulties, personal growth, aging, loss, depression anxiety, problems of daily living and mental illness. A consulting psychiatrist is available should medication be needed Home visits and phone counseling are also available. Provides consultation and education about mental health issues for groups, agencies and concerned individuals.

Fees: Vary according to income Medi-Cal, private insurance accepted

Eligibility: San Francisco resident

Area Served: San Francisco County

Application: Apply by phone

Languages: Japanese

Accessibility: Wheelchair accessible

Transportation: MUNI - 31 Balboa Van Ness lines, 38 Geary

Funding: City, county, fees

Family Service Agency of San Francisco
Intentional Family Services
Geriatric Services
1010 Gough Street
San Francisco CA 94109

Phone(s):
415-474-7310

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Bea Stephens Department Head
Gail Lashman, Program Director of Geriatric Mental Health Services
Jean Parrott Foster Grandparents Companions

Services:
Provides Geriatric Mental Health Services for seniors who are prone to mental illness or who are at risk of institutionalization. Services include crisis-oriented assessment and intervention 5150 evaluation and enactment, individual and group therapy, medication, case management and consultation. Therapeutic Services are provided for frail elderly living in Board Care and Homes These services include early intervention, treatment, referral, day treatment and medication. The Foster Grandparent Program places low-income seniors age 60 or over in positions where they provide companionship to children or disabled persons in childcare centers, hospitals or other community settings. Senior Companions serve isolated elders by providing friendship, companionship and support This program enables seniors to work together to improve the quality of their lives. Foster Grandparents and Senior Companions work approximately 20 hours per week and receive a small stipend

Fees: Vary according to income Medi-Cal, Medicare, private insurance accepted

Eligibility: Must be age 60 or over

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese, Mandarin), Japanese

Accessibility: Wheelchair accessible

Transportation: MUNI 31 Balboa, 38 Geary, Van Ness Lines

Funding. City, county, federal, donations, United Way

Family Service Agency of San Francisco
Intentional Family Services
Mental Health Outpatient Services and Residential Aftercare
1010 Gough Street (Eddy)
San Francisco CA 94109

Phone(s):
415-929-2439

Days & Hours
Monday-Friday 9-5
Evenings by arrangement

Person in Charge:
Bea Stephens, Department Head
Sidney Lam, Director, Aftercare

Services:
The Residential After Care program serves chronically mentally ill patients living in board and care homes. Provides medically supervised mental health services to the patients and consultative services to the Administrator of the homes. The purpose of the program is to prevent re-hospitalization of the chronically ill and to facilitate the patient's return to independent living. The Mental Health Outpatient program provides outpatient services to psychiatrically disturbed patients without health insurance (MIA S) via sub-contracts with psychiatrists and psychologists in private practice in San Francisco.

Fees: Vary according to income. Medi-Cal, medicare accepted

Eligibility: Age 18 or over with a history of mental illness

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese, Mandarin), French, Korean

Accessibility: Wheelchair accessible

Transportation: MUNI - 31 Balboa, 38 Geary, 47 Van Ness

Funding: City, county, state, donations, fees

Family Service Agency of San Francisco
San Francisco Ombudsman Program
1453 Mission Street, Room 520
San Francisco CA 94103

Phone(s):
415-255-6010

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Margaret Donerty, Program Director

Services:
Recruits and trains volunteers to visit long-term care facilities (skilled nursing facilities or residential facilities), and adult day health care centers on a regular basis. Ombudsmen receive, investigate and attempt to resolve complaints lodged on behalf of frail residents. Ombudsmen work with residents, family members and facility staff to resolve problems concerning patient rights, quality of care, abuse, physical environment and other related issues. Advocates for better care for all elders. Also provides training to nursing home personnel and develops resident councils. Serves as a witness for persons signing their durable power of attorney for health care services.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone

Languages: Japanese, Russian, Spanish
Others (By arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - Mission and Van Ness lines

Funding: Donations, United Way, county, state, federal

Family Survival Project
Bay Area Regional Resource Center
425 Bush Street, 5th Floor (Kearny)
San Francisco CA 94108

Phone(s):
415-434-3388
800-445-8106

Days & Hours
Monday-Friday 9-5

Person In Charge:
Kathy Kelly, Executive Director

Services:
Offers a comprehensive range of direct services for families and friends who are concerned with and caring for a brain-impaired adult. Goals are to establish a support network that provides needed emotional support, respite and legal advice, and to promote appropriate support services and financial relief for brain-impaired adults and their families, to advocate on behalf of brain-impaired adults and their families and to provide information to increase public awareness of their problems and available resources. Serves as a centralized information and referral center about brain impairment, community resources and patient management. Also provides family consultation on long-term care planning including legal consultation, respite care, education, information and or referral. Houses the Statewide Clearinghouse Library on Brain Impairment which is open every Friday from 9:30 to 12:30 p.m. by appointment. Also provides respite for caregivers. Publishes fact sheets in English and Spanish on specific brain impairments, legal information and other tips for caregivers, as well as a regular newsletter and a Respite Aide Training Manual. Sponsors Family Support Groups in San Francisco and Walnut Creek for the caregivers of Alzheimer's or dementia patients. Has developed the AIDS Dementia Complex Caregiver Education Program composed of a six-part workshop series for caregivers, educational materials and a training manual for professionals. Also, offers professional training, conferences, publications, a speakers' bureau and technical assistance.

Fees: None for most services. Respite care program requires co-payment

Eligibility: None for information or referral, vary according to service for other services

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County

Application: Apply by phone

Languages: Spanish

Accessibility: Family support groups are held in accessible buildings. Office: elevator, wheelchair accessible, restroom

Transportation: MUNI - Market Street lines, 2 Clement, 3 Jackson, 4 Sutter, 15 Third, 38 Geary. BART - Montgomery Street Station

Funding: Grants, state (Department of Mental Health), donations

Filipino American Council of San Francisco, Inc.
Senior Opportunities Services Center
3416 - 19th Street
San Francisco CA 94110

Phone(s):
415-626-0773

Days & Hours
Monday-Friday, 9-3

Person in Charge:
Asteric Saquing Program Director

Services:
A senior center which provides nutritious congregate Filipino style lunch Monday-Friday. Provides recreational activities, dancing, singing, handicrafts, bingo, exercise and lectures. Also provides outreach, information and referral, social services and assists seniors to obtain needed services.

Fees: Suggested lunch donation $1.25

Eligibility: Age 60 or over

Area Served: San Francisco County

Application: Walk in

Languages: Filipino (Tagalog, Celuano, Hili Gaynon)

Accessibility: Elevator, not wheelchair accessible at this time

Transportation: Muni 14 Mission, 49, 26 Valencia. BART - 16th Street Station

Funding: City, county (Commission on Aging), federal (USDA), donations

Filipino-American Senior Citizens Center, Inc.
83 - 6th Street
San Francisco CA 94103

Phone(s):
415-495-9423

Days & Hours
Monday-Friday, 9-3

Person in Charge:
Mauro P. Conia, Executive Vice President
Leo Bongolah

Services:
A multipurpose senior center which provides recreational activities, health screening once a week by volunteer nurses and a monthly food distribution point which gives out cheese, rice, flour butter and honey. Dances are held every Saturday from 12:30-4 pm and a birthday celebration is held on the third Saturday of every month for those born in that particular month Visitation by volunteers to individual homes and hospital are made for members who are sick or are recovering. Provides financial aid of a reasonable amount to beneficiaries of deceased members.

Fees: None

Eligibility: Age 55-70

Area Served: San Francisco County, primarily Outer Mission District

Application: Walk in. Referral from sponsors necessary for application

Languages: Filipino (Tagalog)

Accessibility: Wheelchair accessible

Transportation: MUNI - Mission lines

Funding: Donations

FRAIL
Financial Resources Assisting Independent Living
Mail: P.O. Box 11833
San Francisco CA 94101

Phone(s):
415-554-1175

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Ruth Picon, Director

Services:
Provides money management for seniors who are living on retirement income Clients must be receiving case management from a social service agency that is willing to work cooperatively with FRAIL

Fees: None

Eligibility: San Francisco resident age 60 or over, retirement and or SSI income only and $2000 limit in assets. Client must have a case manager to remain in program

Area Served: San Francisco County

Application: Referrals must be made by a social service agency who is case manager for the senior

Languages: Spanish

Accessibility Not necessary for service

Transportation: Not necessary for service

Funding: City, county

Francis of Assisi Community

145 Guerrero Street (Duboce)
San Francisco CA 94103

Phone(s):
415-621-4092

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Lee Greever, Administrator

Services:
Provides federally subsidized (HUD) housing for senior or disabled adults. A community center serves a lunch daily at noon. Lunch tickets go on sale at 9 am. The community center also provides social, educational and recreational activities as well as health screening. Two community rooms are available to non-profit agencies for meetings or seminars at very low rates. One months notice is needed to reserve a room. Contact Toni Martinez

Fees: Vary according to income and service. Suggested lunch donation $1.25

Eligibility: Low-income senior or disabled adult

Area Served: San Francisco County

Application: Apply by phone

Languages: Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - Market and Mission Street Lines

Funding: Federal (HUD)

Freewheelers Association, Inc.
Mail: P.O. Box 27428, 375 Laguna Honda Blvd.
San Francisco CA 94127

Phone(s):
415-664-3620
415-552-9154 (Spanish)

Days & Hours
Monday-Friday, 8:30-4:30

Person in Charge:
Sandra K. Beddow, Executive Director

Services:
Provides transportation, recreational activities, field trips, and 'Day-on-the-town' outings for adults who are confined to a wheelchair. The outings allow disabled adults access to social, cultural, and entertainment events. People are picked up at convalescent homes or senior centers throughout San Francisco or at their home in the area served.

Fees: None

Eligibility: Age 18 or over, wheelchair confined, living in area served, Laguna Honda Hospital or a San Francisco nursing home

Area Served: San Francisco County, primarily Bayview Hunter's Point, Mission, Richmond, Park Merced, South of Market, Sunset, Tenderloin districts

Application: Apply by phone. Appointment necessary

Languages Japanese, Spanish

Accessibility: Wheelchair accessible

Transportation: Bus transportation provided

Funding: Donations

Friendship Center
Services for Seniors, Inc.
711 Eddy Street (Polk)
San Francisco CA 94109

Phone(s):
415-775-5052

Days & Hours
Monday-Friday 10-2
Saturday, 11-2

Person in Charge:
Barbara Solomon, Executive Director
Nicole Clause, Friendship Center Manager

Services:
A friendship center for senior or disabled adults in San Francisco's Tenderloin district. Provides socialization, recreational and educational activities. Serves a variety of low-cost food items

Fees: None

Eligibility: Senior or disabled Tenderloin residents

Area Served: San Francisco County, Tenderloin District

Application: Walk in or apply by phone

Languages: None

Accessibility: Elevators

Transportation: MUNI - 31 Balboa, 19 Polk, Van Ness Lines

Funding: Donations, grants, United Way, city (Commission on Aging)

Fromm Institute for Lifelong Learning
University of San Francisco
University Center, Room 538
Ignatian Heights - 2130 Fulton Street
San Francisco CA 94117

Phone(s):
415-666-6805

Days & Hours
Monday-Friday, 9-5

Person In Charge.
Robert Fordham Program Director
Catherine Magsayo. Assistant
Michael Harrington Assistant

Services:
Offers educational opportunities to retired persons age 50 or over. Provides three 8-week sessions per year of non-credit college level courses in a variety of subjects University courses can be audited with the instructor's permission after membership in the the institutes program has been established.

Fees: $200 per year, scholarships available

Eligibility: Age 50 or over and retired

Area Served Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Apply by phone or mail for enrollment application

Languages None

Accessibility: Wheelchair accessible

Transportation: MUNI - 5 Fulton, 31 Balboa, 43 Masonic

Funding. Donations, fees

Golden Gate for Seniors

637 South Van Ness (17th Street)
San Francisco CA 94110

Phone(s):
415-626-7553
415-626-7779

Days & Hours
Monday-Saturday, 9-5

Person in Charge:
Donald Frolli, Director
Rita Wilding, Senior Counselor

Services:
A 20-bed residential alcohol and drug recovery facility for men and women age 55 or over. Average stay is 2 to 12 months. Must be 24 hours without a drink before entering the program. Offers individual and group counseling Volunteer work and three mandatory 12 Step meetings per week are required.

Fees: Vary according to income from $325-$1,050 per month
Private insurance accepted

Eligibility: Must be age 55 or over, detoxed at least 24 hours, and ambulatory

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Languages: None

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - Mission Street lines, 22 Fillmore BART - 16th Street Station

Funding: City, county, state, federal, fees

Golden Gate Senior Services
Sixth Avenue Senior Center
490 - 6th Avenue (Anza)
San Francisco CA 94118

Phone(s):
415-752-6444

Days & Hours
Monday-Friday 9-4

Person in Charge:
Nicholas Lederer, Executive Director

Services:
A multiservice senior center which provides information and referral, telephone outreach, fast passes, movies, social activities painting and ceramics, hot meals, tax assistance and renters assistance Serves a noon lunch. Special attention paid to the frail, handicapped and developmentally disabled seniors.

Fees: Suggested donation for lunch $1 25

Eligibility: Age 60 or over disabled

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI 38 Geary, 38L Geary 44 O'Shaughnessy, 31 Balboa

Funding: City, county (Commission on Aging)

Gray Panthers
San Francisco Chapter
1182 Market Suite 203
San Francisco CA 94102

Phone(s):
415-552-8800

Days & Hours
Varies Answering machine takes messages

Person in Charge:
Deetji Boler, Co-President
Judith Linbloom Co-President

Services:
An intergenerational organization involved in public education and advocacy about a variety of social issues Organizes around world peace, health care, housing, social security, medicare and ageism Offers cooking demonstrations on how to prepare inexpensive and nutritious meals Encourages people of all ages to become members

Fees: Annual membership $15, no one turned away for lack of funds

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street Lines, BART - Civic Center Station

Funding: Donations, dues, grants

Harriet Street Center

444 - 6th Street (Harrison)
San Francisco CA 94103

Phone(s):
415-863-3250

Days & Hours
Monday, Wednesday 7-8 pm
Tuesday, Thursday, Friday
7:30-4:30

Person in Charge:
Celinda Cantu., MSW, Director

Services:
Provides outpatient alcohol and drug education and counseling. Offers individual, couple, family and group counseling for alcoholics, co-alcoholics, and those who abuse drugs. Also offers medically supervised evaluation, antabuse treatment and maintenance.

Fees: Vary according to income. No one denied service for lack of funds.

Eligibility: Age 18 or over, concerned about an alcohol or drug abuse problem.

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Apply by phone. Appointment necessary.

Languages: Filipino (Tagalog), Spanish

Accessibility: Ramp, wheelchair accessible restroom

Transportation: MUNI - 19 Polk, 27 Bryant, 42 Downtown Loop

Funding: City, state, fees

Hearing Society for the Bay Area, Inc.
20 - 10th Street, Suite 200 (Market)
San Francisco CA 94103

Phone(s):
415-863-4710 (Voice)
415-863-2550 (TDD)

Days & Hours
Monday-Friday, 8:30-5

Person in Charge:
John L. Darby, Executive Director
Jerome L. Friedman, Director of Audiology

Services:
Provides information and referral on hearing, hearing loss and hearing conservation for the general public. Services include information and referral, audiological counseling, social work and mental health services, individual and group counseling and casework for hard of hearing and deaf people and their families, classes for the hearing-impaired in lipreading, sign language, communication skills and hearing loss and communication. Provides hearing aids on loan and counseling on coping with hearing loss. Offers a hearing-vision program for people with dual disability. Speakers and literature are available (some materials in foreign languages). Publishes a newsletter. Offers outreach services to schools and senior centers including hearing screenings by professionals. Assistive Device Displays are available for communications equipment.

Fees: Vary according to income for counseling or classes. $50 processing fee for hearing aid loan

Eligibility: Resident of area served

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Sonoma County

Application: Walk in or apply by phone

Languages: American Sign, Spanish

Accessibility: Special parking, wheelchair accessible, interpreter for the deaf

Transportation: MUNI - Market Street lines, BART - Civic Center station

Funding: United Way, grants, donations

Housing Committee at Old St. Marys

660 California (Grant)
San Francisco CA 94108

Phone(s):
415-398-0724

Days & Hours
Monday-Friday, 12-5 (Office)
Monday Thursday, 5:30-7

Person in Charge:
Denice Stephenson, Director
Kim Kruckel, Organizer

Services:
Provides general information on landlord-tenant rights and responsibilities including repairs, maintenance, rent increases, evictions and rent board hearings. Helps organize tenant associations.

Fees: None for clinics or counseling Voluntary membership fees vary according to income

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Spanish (By arrangement)

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI 1 California, 15 Kearny, 30 Stockton, Cable Cars

Funding: Catholic Charities, donations

Income Rights Project

225 Valencia
San Francisco CA 94103

Phone(s):
415-431-9771

Days & Hours
Monday-Thursday 10-12 1-4

Person in Charge:
Sandy Weiner, Co-Director
Barbara Nabors-Glass, Co-Director

Services:
Provides representation and counseling about legal rights for people who have been denied or terminated from AFDC, food stamps, Medi-Cal or the GAIN program. Advocates for social and other related services on behalf of low-income families.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in Monday or Wednesday or phone for appointment

Languages: Chinese, Spanish, Vietnamese (By arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - Mission Street Lines

Funding: Donations

Independent Housing Services (IHS)

25 Taylor Street, Mezzanine (Market)
San Francisco CA 94102

Phone(s):
415-441-6781 (Voice)
415-441-6791 (TTY)
415-441-7713 (Architectural Assistance and Clearinghouse)

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Walter Park, Executive Director

Services:
Assists low-income residents of San Francisco seek or maintain permanent housing. The Clearinghouse maintains listings of affordable housing vacancies in San Francisco. The Home Access Modification Program helps disabled, or frail seniors modify housing to improve accessibility. Offers architectural services to developers, property owners, and contractors who wish to make their property accessible to disabled persons.

Fees: None except for architectural assistance for clients who are not low income

Eligibility: Low income, physically disabled, or senior, age 60 or over

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Languages: Spanish

Accessibility: Elevator, ramp, wheelchair accessible restroom

Transportation: MUNI - Market Street Lines, BART - Powell Street Station

Funding: City, donations, federal

Independent Living Resource Center

70 Tenth Street (Market)
San Francisco CA 94103

Phone(s):
415-863-0581 (Voice)
415-863-1367 (TDD)

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Kathy Uhl, Director
Herb Levine, Program Services Coordinator

Services:
An independent living resource center which provides services for disabled persons of any age including those with a hearing impairment. Offers advocacy and financial benefits counseling about Social Security, SSI and other government income programs. Offers peer counseling, peer counseling training and support groups. Offers independent living skills workshops for persons with a physical or mental health disability. This includes in-home or work-site accessibility evaluation, training in the use of adaptive equipment, budgeting and related skills. Recruits, trains and refers persons to those who need personal care and household chores. Provides assistance to disabled persons on how to hire an attendant. Services for persons with psychiatric disabilities include temporary and permanent housing referral and placement, information about housing options and a shared housing registry. Also provides information and referral, and voter registration. Technical assistance is provided to institutions concerned with access. Offers sensitivity workshops for businesses and social service agencies. The Reverse Annuity Mortgage program is described separately.

Fees: Vary according to income and service. Most services free

Eligibility: Disabled persons

Area Served: San Francisco County

Application: Apply by phone

Languages: American Sign Language, Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - Mission and Market Street Lines. BART - Civic Center Station

Funding: City, state, federal, grants, donations, fees

Independent Living Resource Center
Reverse Mortgage Counseling Program

70 Tenth Street (Market)
San Francisco CA 94103

Phone(s):
415-863-0581 (Voice)
415-863-1367 (TDD)
415-863-1290 (FAX)

Days & Hours
Monday-Friday, 9-4.30

Person in Charge:
Jonathon Birnberg, Administrator

Services:
Counsels senior or disabled homeowners about their options in home equity conversion, especially reverse mortgages Reverse mortgages are primarily available to seniors, age 62 or over who are interested in transforming the equity in their home into regular monthly income. Several different types of reverse mortgages are available This third party counseling program assists consumers in educating themselves about their home equity options.

Fees: None

Eligibility: San Francisco resident. Must own and live in own home

Area Served: San Francisco County

Application: Apply by phone

Languages: Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - Mission and Market Street lines. BART - Civic Center Station

Funding: Donations grants

Ingleside Senior Center
1345 Ocean Avenue (Granada)
San Francisco CA 94112

Phone(s):
415-587-4472

Days & Hours
Monday-Friday, 9-2

Person In Charge:
Reverend Roland Gordon, Host Agency Director

Services:
A Senior Center which provides hot nutritious lunch for seniors, weekdays at noon. Also provides recreational activities, arts and crafts, nutrition education, movies, and field trips

Fees: $1.25 donation for lunch

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily Ingleside District

Application: Walk in or apply by phone

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - K Ingleside, 29 Sunset

Funding: Salvation Army, city (Commission on the Aging)

Innovative Housing

1328-C McAllister Street (Steiner)
San Francisco CA 94115

Phone(s):
415-346-0267

Days & Hours
Monday-Friday, 10-5

Person in Charge:
Rose Ann Wharth, Program Director

Services:
Provides affordable housing through shared living. Over 32 houses are now operating in San Francisco. Innovative Housing (IH) leases suitable houses and assists in establishing and maintaining a compatible household, and providing tools for shared living. Rent generally ranges from $300-$600 per month, and averages $380-$400. Provides consultation upon request. Also provides subsidized transitional housing for women from six months-two years. Operates De Paul House, a transitional house for five battered women and their children where their rent is subsidized. Referral from a women's shelter required.

Fees: Management fees are built into rents which range from $300 to $600 per month

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone. Referral from women's shelter required for De Paul House

Languages: None

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Grants, management fees

International Institute of San Francisco

2209 Van Ness Avenue (Broadway)
San Francisco CA 94109

Phone(s):
415-673-1720

Days & Hours
Monday-Friday, 8:30-5

Person in Charge:
Don Eiten, Executive Director
Margi Dunlap, Associate Executive Director

Services:
Provides services for immigrants, refugees, and non-English speaking persons including multilingual, multicultural personal adjustment counseling, information and referral, English tutoring, legal and immigration assistance. Legal services include assisting with immigration applications, obtaining documents, fingerprinting and legalization appeals as necessary.

Fees: Legal services and one-to-one tutoring vary according to income. None for other services.

Eligibility: No requirements

Area Served: Marin County, San Francisco County, San Mateo County

Application: Apply by phone or walk in Monday, Tuesday, Thursday, Friday afternoons, 1-4 for legal services. Walk in or apply by phone for other services.

Languages: Cambodian, Chinese (Cantonese, Mandarin), Czech, Filipino (Tagalog), French, German, Italian, Lao, Polish, Portuguese, Russian, Spanish, Thai, Urdu, Vietnamese

Accessibility: Not wheelchair accessible at this time. Staff will arrange a site of mutual convenience which is accessible.

Transportation: MUNI - Van Ness lines, Golden Gate transit

Funding: United Way, state, federal, county, fees, donations

Italian Welfare Agency, Inc.

678 Green Street (Powell)
San Francisco CA 94133

Phone(s):
415-362-6423
415-36-AMICI (362-6424)
415-362-6425 (FAX)

Days & Hours
Monday-Friday 9-12, 1-5

Person in Charge:
Dr James Fiatarone., PhD, Executive Director

Services

Provides case management, information and referral, homemaker referrals, home visits, volunteer companionship and interpreting to individuals and families of Italian descent. A fresh food program, group activities, cultural and educational programs are offered at the Casa Fugazi Heritage Center for seniors and clients of the Agency. Limited financial assistance is also available for persons with special needs or whose needs are not met through other channels of assistance.

Fees: None

Eligibility: Italian-American origin or born in Italy

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Walk in or apply by phone

Languages: French, Italian, Spanish

Accessibility: Wheelchair accessible elevator restroom

Transportation: MUNI - 15 Third, 30 Stockton, 41 Union

Funding: Donations

Japanese Newcomers Services
Nobiru Kai Inc.

1840 Sutter, Suite 201 (Webster)
San Francisco CA 94115

Phone(s):
415-922-2033

Days & Hours
Tuesday-Friday 1-5
Saturday, 10 30-2 30

Person in Charge:
Yoshiko Kitawaki, Director

Services:
Provides bilingual social services primarily for Japanese, including translation and interpretation. Drop-in center provides employment, housing, and educational information and referral as well as cultural, educational and recreational activities. Offers a small library of Japanese books A community board lists job openings, housing information and educational opportunities in Japanese. Publishes a bimonthly newsletter.

Fees: None

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Walk in or apply by phone

Languages: Japanese

Accessibility: Wheelchair accessible

Transportation: MUNI - 2 Clement, 3 Jackson, 4 Sutter

Funding: Membership, donations

Jewish Community Center, San Francisco
Montefiore Senior Center
3200 California Street (Presidio)
San Francisco CA 94118

Phone(s):
415-346-6040

Days & Hours
Monday-Thursday 8:30-5.30
Friday 8 30-4 30
Sunday 10-3

Person in Charge:
Lola W Blackman, Acting Director, Montefiore Senior Center

Services:
A multiservice senior center for persons age 60 or over which provides trips and outings, exercise and swimming, health and nutrition medical screening religious services, volunteer services legal assistance, information and referral, a stroke club and a couples club Also offers a Social Day Care program for adults Monday, Wednesday and Friday from 9-12 Van transportation can sometimes be arranged. The Kosher Nutrition Project provides 100,000 kosher congregate lunches at various Jewish sites throughout the City Kosher lunches are also delivered to frail seniors' homes

Fees: Vary according to service. Lower fees for members

Eligibility: Some programs require membership, membership is open to anyone Montefiore Senior Center - age 60 or over

Area Served: San Francisco County, Daly City

Application: Walk in, apply by phone or mail

Languages: French, German, Hebrew, Russian, Yiddish

Accessibility: Special parking elevator ramp wheelchair accessible restroom

Transportation: MUNI 4 Sutter, 1 California, 3 Jackson, 43 Masonic Agency van provides transportation for the frail

Funding: United Way, Jewish Community Federation, donations, memberships

Jewish Family and Children's Services
Senior Services
1600 Scott Street (Post)
San Francisco CA 94115

Phone(s):
415-567-8860

Days & Hours
Monday, Tuesday, Thursday
Friday, 8 30-5
Wednesday 8 30 am-7 30 pm

Person in Charge:
Eileen Goldman, Supervisor, Senior Services
Anita Friedman, Executive Director

Services:
Provides comprehensive services which enable Jewish elderly to live in the community independently. Services include case management, counseling to seniors and their families, information and referral, volunteer friendly visitors and case aides, a nursing home outreach program, a Tenderloin Outreach Program, a professional speakers' bureau, a caregiver support group, Adult Children of Aging Parents support group, home visitation, in-home support services, transportation escort services to medical appointments and grocery shopping, telephone reassurance, home care referrals, and a widow widower outreach program. Provides case management for seniors recently discharged from hospitals who still need support services Elderlink offers case management for seniors whose families live out of town. Help at Home provides in-home support services including home care attendants and companions, home delivered meals and personal affairs management. Shared Senior Housing is available for four people in two apartments.

Fees: Vary according to income. Private insurance accepted

Eligibility: Age 60 or over, priority given to Jewish clients for some services

Area Served: Marin County, San Francisco County, San Mateo County, Sonoma County

Application: Walk in, apply by phone or mail Referral necessary from health care professional or family. Appointment necessary for counseling

Languages: German, Sign, Spanish, Yiddish

Accessibility: Ramp interpreter for the deaf available

Transportation: MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter 38 Geary, 24 Divisadero

Funding: Grants, United Way, Jewish Community Federation, donations, fees

Jewish Family and Childrens Services
1600 Scott Street
San Francisco CA 94115

Phone(s):
415-567-8860
415-922-5938 (FAX)

Days & Hours
Monday-Friday 9-4.30

Person in Charge:
Jean Tokarek, Coordinator
Anita Friedman, Executive Director

Services.
Provides personal affairs management for Jewish elders who need assistance with management of their day to day finances. Services include bill paying check depositing, medical claims processing, tax management or referral and budget counseling. The objective of the program is to reduce client's vulnerability to financial abuse and allow them to remain in their home as long as possible. Services are provided within a continuum of authority ranging from 'no authority' to conservatorship and durable Power of Attorney

Fees: Vary according to income

Eligibility: San Francisco resident, Jewish, age 60 or over

Area Served: San Francisco County

Application: Apply by phone

Languages: None

Accessibility: Not necessary for service

Transportation: 4 Sutter, 24 Divisadero, 38 Geary Not necessary for service

Funding. Donations, fees

Jewish Home for the Aged

302 Silver Avenue (Mission)
San Francisco CA 94112

Phone(s):
415-334-2500

Days & Hours
Monday-Friday, 8.30-5

Person in Charge:
Jerry A Levine, Executive Director
Sandra P. Epstein,, PhD Administrator

Services:
A licensed long-term skilled nursing facility which provides comprehensive geriatric services to chronically ill or physically, mentally or psychologically impaired Jewish seniors. Services include medical care, with emphasis on prevention as well as treatment, social services, dietary programs (including kosher meals), daily social, recreational, cultural, and religious programs, and personal services such as housekeeping and laundry. Clinical units in dentistry, dermatology, ophthalmology, optometry, podiatry, and X-ray are on the premises Special facilities at the Jewish Home include an Acute Gero-psychiatric Hospital, the Pinecrest Senior Housing complex (independent group living) and the Fannie L Morris Adult Day Center for frail Jewish elderly (described separately).

Fees: Vary according to income and service Medicare, Medi-Cal accepted

Eligibility: Jewish seniors age 65 or over, resident of area served

Area Served: Marin County, San Francisco County, San Mateo County, Santa Clara County

Application: Apply by phone. Appointment necessary

Languages: German, Hebrew, Russian, Spanish, Yiddish

Accessibility: Special parking elevator ramp wheelchair accessible restroom

Transportation: MUNI - 44 O'Shaunessy, Mission Street Lines, 51 Silver

Funding: Jewish Community Federation, United Way, donations, fees

Jewish Home for the Aged
Fannie L. Morris Adult Day Care Center
302 Silver Avenue (Mission
San Francisco CA 94112

Phone(s):
415-469-2252

Days & Hours
Monday-Friday, 10-3 (Program)
Monday-Friday, 8:30-5 (Office)

Person in Charge:
Mary Steinhauer., RN, Program Director

Services:
A daily activity center for physically, mentally and emotionally disabled senior citizens. Participants are generally age 60 or over and attend one to five times weekly on a regular schedule Fee includes transportation, one meal daily, including specialized diets and some health care services Activities include crafts, discussion groups physical exercises, and musical programs. Social services, health services including physical therapy, dentistry, podiatry, ophthalmology, nursing and personal care services are provided according to individual needs

Fees: Vary according to income, from $10-$45 per day

Eligibility: Jewish age 60 or over, physically, mentally or emotionally disabled, resident of area served

Area Served: San Francisco County, San Mateo County

Application: Apply by phone In an initial interview, staff meet with the prospective participant or a family member to evaluate the person's needs and to work out financial arrangements. Initial interview can take place in the prospective participant's home or the day care center

Languages: Russian

Accessibility Special parking elevator ramp wheelchair accessible restroom

Transportation: MUNI 44 O'Shaughnessy, Mission Street Lines, 51 Silver. Door-to-door transportation available for participants residing in San Francisco County and northern Daly City

Funding Grants, donations fees

Jewish Vocational Service

870 Market Street, Suite 872 (Powell)
San Francisco CA 94102

Phone(s):
415-391-3595 (San Francisco)

415-941-7922 (Los Altos)

Days & Hours
Monday-Friday 9-5 (Office)
Monday-Friday 9-1 (Intake)
Monday-Friday, 9-4

Person in Charge:
Abby Snay, Executive Director

Services:
A nonsectarian agency which provides vocational and career counseling, assistance with job search preparation, interview and resume writing skills, job development, job placement and job listings. Also offers special programs for rehabilitation clients, recently-arrived emigres and for older workers. Offers a summer internship program for college students. Provides scholarships for persons who need specialized training. Holds monthly career forums which provide information about different occupational areas. The Los Altos office is located at 4600 El Camino, #204, Los Altos.

Fees: Donation requested for use of job listings, $1. Registration fee for placement services varies according to income, from $20-$55. Fee for career counseling varies according to income, from $20-$55 per session

Eligibility: No requirements

Area Served: Alameda County, Marin County, San Francisco County, San Mateo County, Santa Clara County, Sonoma County

Application: Walk in or apply by phone. Appointment necessary for counseling services. No appointment necessary for use of job listings

Languages: Russian

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines, 25 Bryant. BART - Powell Street Station

Funding: Federal, donations, Jewish Community Federation

Kimochi, Inc.
Japanese American Senior Services
1840 Sutter Street, Suite 208
San Francisco CA 94115-3664

Phone(s):
415-931-2294 (Administration)
415-922-9972 (Social Services)
415-931-2287 (Nutrition, transportation, Senior Center)

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Julie Hatta, Executive Director

Services:
A multiservice Senior Center which provides a variety of services for Japanese seniors age 60 or over. A drop-in lounge offers arts and crafts, music, exercise, nutrition education, congregate and home delivered meals, health education, case management, transportation, a library, bilingual information and referral, and blood pressure screening. Transportation is provided to recreational mini-trips, social services and doctor appointments. An Adult Day Social Care program offers all or partial day supervised care including social, recreational and educational activities and a respite care program provides 24-hour supervised care for adults age 60 or over residing with their family. The Kimochi Home provides residential care for elderly persons who can no longer remain in their home.

Fees: Vary according to income and service. $1 suggested donation for lunch. $.25 for transportation each way

Eligibility: San Francisco resident, age 60 or over. For adult social day care, age 55 or over

Area Served: San Francisco County, primarily Japantown, Western Addition, Richmond, Sunset districts

Application: Walk in or apply by phone

Languages: Japanese

Accessibility: Wheelchair accessible

Transportation: MUNI - 1 California, 38 Geary, 3 Jackson, 2 Clement

Funding: City, county, federal, United Way, donations, fees

Korean Center, Inc.

1362 Post Street (Gough)
San Francisco CA 94109

Phone(s):
415-441-1881

Days & Hours
Monday-Friday, 8.30-5

Person in Charge:
Youn-Cha S. Chey., PhD , Director

Services:
Offers job training, English as a Second Language, senior and youth programs, and individual and family counseling to low-income limited-English speaking persons. Job training includes English instruction and business skill development, such as typing, word processing, business machines and computer instruction in an intensive 18-week program. Youth programs include counseling, tutorial assistance, college preparation, job referrals, and summer vocational programs. A senior component provides translation and interpretation, lectures, arts and crafts, field trips, socialization, citizenship classes, video tape presentations, information and referral and a meal program. Maintains a Korean resource library and provides cross cultural programs.

Fees: None for most services. Suggested lunch donation $1

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Walk in or apply by phone

Languages: Japanese, Korean, Russian, Spanish

Accessibility: Wheelchair accessible ramp on ground floor

Transportation: MUNI - 2 Clement, 3 Jackson, 4 Sutter, 38 Geary, Van Ness Lines

Funding: County, state, federal

Korean Community Service Center

3136 Fulton Street (8th Avenue)
San Francisco CA 94118

Phone(s):
415-567-3267 (K-O-R-E-A-N-S)
415-386-4735

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Tom Kim, Executive Director

Services:
Provides bilingual services to the Korean immigrant population. Supportive services include newcomer orientation information and referral, consumer education, individual and family counseling, a job board, translation and interpretation. These services are open to all persons, not exclusively the Korean population. The Asian Youth Substance Abuse Project (AYSAP) offers counseling, education and referral to youth age 12 or under who are at risk or using drugs and their families A senior citizens' program offers a hot noon meal. Staff include social workers an attorney, students and volunteers. Offers phone consultation and interpretation to Asian persons. AACE Talent Search Program provides career and financial aid counseling to young Koreans and other residents of the Richmond and Sunset districts of San Francisco. The KCSC Prevention and Education Project on AIDS provides information, referral, and bilingual materials on HIV and anti-body testing to the Korean American community.

Fees: Suggested lunch donation $1

Eligibility: Age 21 or under for Asian Youth Substance Abuse Project (AYSAP), none for other services

Area Served: San Francisco County

Application: Apply by phone

Languages: Korean

Accessibility: Wheelchair accessible restroom

Transportation: MUNI 5 Fulton, 44 O'Shaunessy, 21 Hayes, 31 Balboa

Funding: City (Commission on Aging, Department of Public Health), state, federal (OSAP Office of Higher Education), donations

L'Chaim: Russian Emigre Senior Center

751 - 25th Avenue (Balboa;
San Francisco CA 94121

Phone(s):
415-386-0664

Days & Hours
Monday, Tuesday, Friday, 9-5.30

Person in Charge:
Linda Solomon, Director

Services:
A multipurpose center for frail Russian-speaking Jewish elderly offering a variety of educational, social and religious experiences. A wide range of classes, special events and lectures are provided by bilingual staff and consultants to meet the specific needs of this population Paratransit transportation services available for participants unable to independently provide transportation or unable to obtain family assistance Provides lunch, and special holiday and special event meals. Participants attend either one two or three days per week from 10-3

Fees: $20 annual membership fee. $1.25 meal donation $4 50 per month transportation. $5 per month family donation

Eligibility: Frail Russian Jewish emigres, age 65 or over

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Languages: Russian, Yiddish

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 1 California, 31 Balboa, 38 Geary Van transportation can be arranged

Funding: Jewish Community Federation, Mount Zion Hospital, Jewish Family and Children Services, grants, fees

La Casa de Las Madres

965 Mission Street, Suite 218 (5th Street)
San Francisco CA 94103

Phone(s):
415-333-1515 (Hotline)
415-777-1808 (Business)

Days & Hours
24 hours daily
Monday-Friday, 9-5
Monday-Friday, 9-12 (Drop-in)

Person in Charge:
Margaret McCue, Executive Director

Services:
A refuge for women and their children who are being physically or emotionally abused, who are being threatened with abuse, or who are at risk of abuse. The shelter provides security, safety, food and clothing in a confidential location. Maximum stay is 8 weeks. Offers individual and group counseling, legal and welfare advocacy, teen counseling, tutoring, and a support group for ex-residents. Also offers evaluation of children, recreational activities, and referrals for long-term services and follow up. Child care is available while in the shelter. The Domestic Violence Counseling Center is a drop-in center that offers crisis intervention and options counseling as well as ongoing counseling and community support groups for battered women. The Center also provides information and referral, transportation, food vouchers and advocacy. Free clothing and household items are offered as available. (Can arrange for pick up of donated household items.)

Fees: None

Eligibility: Women threatened by, or victims of, domestic violence

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Shelter - apply by phone. Counseling services - phone for appointment or walk in at center

Languages: Spanish

Accessibility: Wheelchair accessible

Transportation: Drop-in Center: MUNI - Mission Street Lines, 52 Valencia, 27 Bryant. BART - Powell Street Station

Funding: Donations, United Way, city (Marriage License Fees, Mayor's General Fund, Community Development Block Grant), state (Emergency Shelter Grant)

La Raza Information Center, Inc.

2588 Mission, Suite 212
San Francisco CA 94110

Phone(s):
415-826-5855
415-826-9520 (Translation)

Days & Hours
Monday-Friday 9-12, 1-4

Person in Charge:
Steve Martinez, Executive Director

Services:
Provides information and referral services for Spanish-speaking people in nine Bay Area counties. Provides orientation for Spanish-speaking newcomers to the Bay Area and free consulting with new agencies gearing themselves toward the Latino community. Offers low-cost professional translation, help in filling out forms, voter registration, annual income tax preparation service and job listings (mostly for San Francisco residents). Duplicating services for agencies or individuals are done for the cost of supplies

Fees: None except for translation, duplication and notary public services

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, Napa County, Solano County, Sonoma County

Application: Walk in or apply by phone Appointment necessary for some services

Languages: Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 48 Quintara, Mission Street lines BART - 24th Street Station

Funding: Grants, donations, United Way, fees

Laguna Honda Hospital and Rehabilitation Center

375 Laguna Honda Blvd. (7th Avenue)
San Francisco CA 94116-1499

Phone(s):
415-664-1580 (General Information)
415-664-1324 (Admissions)

Days & Hours
24 hours daily

Monday-Friday, 8.30-5

Person in Charge:
Anthony G. Wagner, Executive Director
Mary Slezak, Admitting Supervisor

Services:
A skilled nursing care facility with a small general service acute medical unit specializing in geriatric care, and an independent rehabilitation center. Provides inpatient services, and within the Rehabilitation Department both inpatient and outpatient services. In-home evaluations are given for rehabilitation patients to determine what in-home care equipment is needed. A hospice and AIDS unit provides specialty care for the terminally ill Also has a respite care program for persons who live at home but who are at skilled nursing care level. The length of stay may be up to eight weeks per year so caregivers may take a break or vacation. Additional programs include an Adult Day Health Center and a senior nutrition program which has a congregate meal site (described separately).

Fees: Room and board $185 per day. Medi-Cal, Medicare, private insurance accepted

Eligibility: San Francisco resident, age 16 or over

Area Served: San Francisco County

Application: Phone admitting for admissions packet. Physician referral required

Languages: Interpreter (By arrangement)

Accessibility: Ramp wheelchair accessible restroom

Transportation: MUNI - K, L, M, 89 Laguna Honda Shuttle, 36 Teresita, 43 Masonic, 44 O'Shaughnessy, 52 Excelsior, 48 Quintara 24th Street

Funding: City, county, state, federal, donations

Laguna Honda Hospital and Rehabilitation Center
Adult Day Health Center (ADHC)
375 Laguna Honda Blvd. (Woodside)
San Francisco CA 94116

Phone(s):
415-664-1102

Days & Hours
Monday-Friday 8-4 30

Person In Charge:
Linda Karpawich, Director

Services:
A multidisciplinary Adult Day Health Center which provides comprehensive services to frail elderly enabling them to remain at home as long as possible Services include van transportation to and from the center, rehabilitation services, social services, nursing and personal care services, recreational and social activities and a hot noon meal

Fees: Vary according to income Medi-Cal accepted

Eligibility: San Francisco resident, frail elderly

Area Served: San Francisco County, Sunset, Stonestown Park Merced, Outer Richmond Districts

Application: Apply by phone

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible

Transportation: Van service arranged (Drivers can not carry people down stairs)

Funding: City, county, donations, fees

Latino Family Alcoholism Counseling Center

820 Valencia (19th Street)
San Francisco CA 94110

Phone(s):
415-826-6767 (Counseling)

Days & Hours
Monday-Thursday, 9-6 (Office)
Friday 9-5 (Office)
Monday, Wednesday, Thursday, 6-7:30 pm (Program)

Person in Charge:
Manuel E. Davila, Director

Services:
Provides bicultural bilingual counseling for Latino families, youth through adults, who are experiencing problems related to domestic violence and substance abuse. Offers individual, family and group counseling. Provides information and referral to treatment programs for drunk driving offenders. The AIDS Drug Services Program provides assessment, evaluation, education and counseling. Also provides community presentation and consultation.

Fees: Vary according to income. Private insurance accepted

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in or phone for an appointment

Languages: Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 33 Stanyan, 26 Valencia, Mission Street Lines

Funding: City county (Division of Alcohol Programs), fees

Legal Assistance to the Elderly, Inc.
Health Insurance Counseling and Advocacy Program (HICAP)
1453 Mission Street, 5th Floor (10th Street)
San Francisco CA 94103

Phone(s):
415-861-4444

Days & Hours
Monday-Friday 9-5

Person in Charge:
Howard Levy, Director
Tom Weathered, Managing Attorney
Corinne Parker, HICAP Coordinator

Services:
Provides legal assistance to seniors including, but not limited to, those with low incomes. Helps with Medicare, Medi-Cal, Social Security, tenant problems, physical abuse, financial abuse, employment, residential care nursing homes, consumer contracts and pensions. Home, hospital, and nursing home visits are made by appointment. Criminal, immigration, dissolution, separation, probate, bankruptcy and fee generating cases are referred. The Health Insurance Counseling and Advocacy Project (HICAP) utilizes volunteers to provide information, counseling and advocacy to senior citizens and disabled Medicare recipients and their families regarding Medicare, supplemental health insurance and long-term care insurance. Assists with understanding and evaluating Medicare and supplemental health insurance coverage and filing claims. Advocates for individuals to receive entitled benefits. Home visits are available for persons unable to attend a counseling site.

Fees: None

Eligibility: San Francisco resident age 60 or over and their families. HICAP program: San Francisco resident age 60 or over or disabled Medicare recipient

Area Served: San Francisco County

Application: Apply by phone for appointment or referral

Languages: Chinese (Cantonese, Mandarin), German, Spanish

Accessibility: Ramp, wheelchair accessible restroom

Transportation: MUNI - Mission Street, Van Ness lines. BART - Civic Center Station

Funding: City (Commission on Aging), United Way, state (Department of Aging)

Lighthouse for the Blind and Visually Impaired

20 - 10th Street, Suite 220 (Market)
San Francisco CA 94103

Phone(s):
415-431-1481

Days & Hours
Monday-Friday, 8:30-5 (Office)

Person in Charge:
Anita S. Baldwin, Executive Director

Services:
Provides services for visually impaired persons including information and referral, workshops and seminars for families and professionals, career information, computer demonstration, and braille transcription. Refers clients to the Pacific Presbyterian Medical Center, for medical evaluation of residual vision, prescription for appropriate low-vision aids and devices. The rehabilitation program offers orientation mobility instruction, daily living skills and limited services for deaf-blind. The Resource Center has a large selection of adapted aids and appliances for retail sales. Mail order is available. Offers regular demonstrations on current products. Adult continuing education classes are offered in a variety of areas including braille typing, English as a Second Language (ESL) creative and fine arts. The library maintains a limited collection of cassettes, braille books, large print books, recorded magazines and tape players. Volunteers are available for reading and in-home personal assistance (no housework). Recreation and social programs are designed to develop self-confidence and improve physical fitness. These include dances, field trips and participatory sports. Serves a hot lunch weekdays. The Lighthouse owns and operates the Enchanted Hills Camp, located at 3410 Mount Veeder Road, Napa, which provides a residential summer camp for children and adults. Special camp sessions are held throughout the year.

Fees: Vary according to income and service. Some services free. Medi-Cal, private insurance accepted

Eligibility: Blind or visually impaired

Area Served: Alameda County, Marin County, San Francisco County

Application: Walk in or phone for appointment

Languages: Spanish, Vietnamese

Accessibility: Elevator wheelchair accessible restroom, information on tape, large print or in braille for the blind finger spelling for the deaf blind

Transportation: MUNI 9 San Bruno, Mission, Market, Van Ness lines. BART - Civic Center Station

Funding: Donations, fees, grants, bequests, sale of products

Little Brothers - Friends of the Elderly
481 O'Farrell Street (Jones)
San Francisco CA 94102

Phone(s):
415-771-7957

Days & Hours
Monday-Thursday 9-4
Friday, 9-3 30

Person in Charge:
Miriam Rabinovitz, Site Director

Services:
Relieves the isolation and loneliness of older people with flowers and special touches of friendship. Basic programs include holiday and year-round visits, matching old friends with volunteers, vacation sessions and gap-filling services such as transportation and emergency food Recruits and trains volunteers.

Fees: None

Eligibility: Isolated senior age 60 or over

Area Served: San Francisco

Application: Apply by phone or mail

Languages: None

Accessibility: N A

Transportation: Not necessary for service

Funding: Grants, donations

Lutheran Care for the Aging

1031 Franklin Street (O'Farrell)
San Francisco CA 94109

Phone(s).
415-441-7777

Days & Hours
Monday-Friday, 9-1

Person in Charge:
Shirley Bryant, Office Manager
Paul Truebenbach, Board President

Services:
Provides limited information about services enabling the aged to remain as independent as possible. A very small emergency fund can provide limited financial assistance with housing needs for low-income seniors age 62 or over.

Fees: None

Eligibility: None for information pertaining to the elderly For rent subsidies client must be low income, age 62 or over

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, statewide

Application: Contact by social worker only

Languages: None

Accessibility: Not necessary for service

Transportation: MUNI 38 Geary, Van Ness Street lines

Funding: Donations

Martin De Porres House
225 Potrero (16th Street)
San Francisco CA 94103

Phone(s):
415-552-0240

Days & Hours
Monday-Friday. 6 am 7 30 am (Breakfast)
Tuesday-Saturday. 12 noon-3 pm (Lunch)
Sunday. 9 am-10.30 am (Brunch)

Person in Charge:
Barbara Collier. Director

Services:
Provides free meals to anyone in need. Breakfast is served Monday-Friday. 6-7:30 AM. Lunch is served Tuesday-Saturday, 12-3 PM Brunch is served Sunday 9-10:30 AM. Offers free showers with soap and towel two days per week on a first come. first served basis. The days the showers are offered varies, inquire between 9-11 for more information.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in

Languages: Filipino (Tagalog). Spanish (By arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - 47 Van Ness. 22 Fillmore. 9 San Bruno. 33 Ashbury

Funding: Donations

Meals on Wheels of San Francisco, Inc.
965 Mission, Suite 600
San Francisco CA 94103

Phone(s):
415-495-3333

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Richard Lipner Director

Services:
A home delivered meal service for homebound seniors age 60 or over. Two meals a day are delivered five days a week. One meal is hot, one is cold. Some modified diets are available. Frozen meals can be left for the weekends and holidays if the client has kitchen facilities. Hot meals can be delivered on weekends and holidays to Tenderloin residents with no heating and refrigeration facilities. Delivery is city-wide, according to pre-arranged schedule

Fees: Suggested donation $4.25 per day for two meals

Eligibility: San Francisco resident, age 60 or over, homebound

Area Served: San Francisco County

Application: Apply by phone

Languages: Spanish (spoken by drivers), Amharic, Italian, Polish, Russian (spoken by staff)

Accessibility: Wheelchair accessible

Transportation: Not necessary for service

Funding: Donations, grants, city (Commission on the Aging) federal (USDA)

Meals on Wheels of San Francisco, Inc.
St. Francis Meal Service
432 Mason (Post)
San Francisco CA 94102

Phone(s):
415-392-7463

Days & Hours
Monday-Friday, 8-4 (Office)

Person in Charge:
Mrs. Dorothy Simmons, Director

Services:
A senior program which provides health, blood pressure and dental screening, daily exercise, recreational activities, arts and crafts classes, information and referral, legal assistance and supportive services. Also provides nutrition education and a hot nutritionally balanced lunch, Monday-Friday 11-1

Fees: $1 donation suggested

Eligibility: Age 60 or over

Area Served: San Francisco County, Tenderloin District

Application: Walk in or apply by phone

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog)

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter

Funding: City (Commission on Aging), federal

Mental Health Association of San Francisco
Bay Area Self-Help Center
2398 Pine Street (Steiner)
San Francisco CA 94115

Phone(s):
415-921-4401
415-921-4044 (Self-Help Center)
415-931-4382 (Thrift Shop)

Days & Hours
Monday-Friday, 9-5

Monday-Saturday, 10-4:45

Person in Charge:
Sheila Hembury, Executive Director
Duff Axsom, Self-Help Coordinator

Services:
Offers resource information, public education, mental health advocacy and social action to improve care and treatment of persons with mental disorders, and promote mental well-being. Library has written literature about mental health. A speakers' bureau provides a presentation about the homeless mentally ill. The Bay Area Self-Help Center is an information and referral service for mutual support groups. Provides training, consultation and assistance in forming groups Publishes a directory of self-help groups in the Bay Area. Operates a thrift store at 2011 Divisadero. (Accepts donations of clothing, jewelry, small appliances) Proceeds from sales help support the Association.

Fees: None

Eligibility: No requirements

Area Served: Self-Help Center: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, Mendocino County, Napa County, Santa Cruz County, Solano County, Sonoma County. San Francisco for other services

Application: Apply by phone or mail

Languages: Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - 22 Fillmore, 1 California, 4 Sutter, 24 Divisadero

Funding: United Way memberships, donations, grants, sales

Mission Community Legal Defense Firm, Inc.

2940 16th Street, Room 301 (Capp)
San Francisco CA 94103

Phone(s):
415-552-3910 (Criminal Defense)
415-552-7194 (Immigration)
415-552-3910 (Advocacy for Seniors)
415-552-7208 (FAX)

Days & Hours
Monday-Friday 8 30-5

Person In Charge:
Alfredo Rodriguez, Director
Jose Aguilar, Chief Counsel

Services:
Offers legal advice, forms assistance and representation in some criminal proceedings. An Immigration Project provides confidential legal counseling, assistance with forms, and notarization of documents Provides welfare and social security advocacy and landlord tenant mediation for seniors age 60 or over. Offers a community training program for students and community workers in areas of investigative field work and legal research. Provides information and referral as needed.

Fees: None

Eligibility: Low-income, San Francisco resident. Acceptance of case by evaluation committee

Area Served: San Francisco County, primarily the Mission District

Application: Apply by phone

Languages: Spanish

Accessibility: Ramp wheelchair accessible restroom elevator

Transportation: MUNI - 22 Fillmore, 14 Mission. BART - 16th Street Station

Funding: City (Mayor's Office of Community Development), federal (Commission on Aging), state (Bar of California), grants

Mission Neighborhood Centers

362 Capp Street (18th Street)
San Francisco CA 94110

Phone(s):
415-826-0440
415-826-4659 (Senior Services)
415-285-7833 (Day Care, Summer Youth)
415-285-4050 (Head Start)

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Melba Maldonado, Centers Director

Services:
Multiservice social welfare centers offering services to individuals, families, and groups in the San Francisco Mission District including day care for preschool children, Head Start, summer recreation and sports, youth employment, English as a Second Language classes and senior lunch programs and activities. Offers a summer youth program. Services are provided at the following community locations: Regina Chiong Family Center, 3013 - 24th Street, San Francisco, 94110. Phone 285-9662 Precita Valley Community Center, 536 Precita Avenue, San Francisco, 94110. Phone: 285-7833. Cortland Head Start Center, 513 Cortland, San Francisco, 94110. Phone: 648-1277. Valencia North and South Head Start Centers, 673-6675 Valencia Street, San Francisco, 94110. Phone: 863-6647

Fees: Childcare $40 per month per child No fees for most services. Donations requested

Eligibility: San Francisco resident. Youth employment age 14-21 Low-income required for some services

Area Served: San Francisco County, primarily the Mission District

Application: Walk in or apply by phone. Appointment necessary for some programs

Languages: Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI Mission Street Lines, 33 Ashbury BART 16th Street Station

Funding: United Way, donations, federal, city (Commission on Aging, Office of Community Development)

Mission Neighborhood Health Center

240 Shotwell (16th Street)
San Francisco CA 94110

Phone(s):
415-552-3870

Days & Hours
Monday-Friday 10-5
Monday-Friday 5:30-9:30 PM
(HIV Services)
Physician on call 24 hours

Person in Charge:
Gladys Sandlin, Executive Director
Antonia Sacchetti, MD, Medical Director

Services:
Provides comprehensive outpatient medical services including Adult Medicine Allergy and Dermatology, Family Planning, Teen clinic, Maternal and Infant Care, Obstetrics-Gynecology, Orthopedics, Pediatrics, Senior Services, and Social Services for homeless individuals. Laboratory and X-ray facilities located on site. La Clinica Esperanza (Clinic of Hope) offers psychosocial and medical services to persons who test positive for the AIDS virus. Services include health education and access to clinical trials. The AIDS Mobile Outreach program offers AIDS education and outreach on the streets and at community meetings. The outreach is conducted using two vans equipped with AIDS education materials including videos and pamphlets. Brochures, condoms and bleach are distributed to populations at risk for the HIV infection. Also provides information and referral to HIV positive individuals.

Fees: Initial fee $15. Additional fees vary according to income and service. Medi-Cal, Medicare, private insurance accepted

Eligibility: Verification of income and current address to qualify for low fees

Area Served: San Francisco County, primarily the Mission District

Application: Apply by phone. Registration is necessary. Bring proof of income and current address, Medi-Cal, Medicare or private insurance name and policy number to appointment

Languages: Chinese (Cantonese), Filipino (Tagalog), French, German, Japanese, Russian, Spanish

Accessibility: Wheelchair accessible, elevator

Transportation: MUNI - 22 Fillmore, 41 Union, 47 Van Ness, Mission Street lines. BART - 16th Street Station. Transportation can be arranged for elderly or handicapped clinic patients on an extremely limited basis

Funding: City, county, state, federal, donations, fees

Mobile Assistance Patrol (MAP)

965 Mission, Suite 400
San Francisco CA 94103

Phone(s):
415-431-7400

Days & Hours
24 hours daily

Person In Charge:
Linda Davis, Director

Services:
Provides van pick-up and transportation of public inebriates to appropriate detoxification facilities or hospitals Clients must be ambulatory and willing to receive service.

Fees: None

Eligibility: Anyone who is intoxicated, must be ambulatory and willing to receive service

Area Served: San Francisco County

Application: Apply by phone or patrols pick up persons on the streets who appear to be intoxicated

Languages: Spanish

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: City, county

Mount Zion Health Systems, Inc.
San Francisco Consortium for Elder Abuse Prevention
Mail: P.O. Box 7921, 1600 Divisadero Street (Sutter)
San Francisco CA 94120

Phone(s):
415-885-7850

Days & Hours
Monday-Friday, 8-4 30

Person in Charge:
Lisa Nerenberg, Director

Services:
Offers elder abuse case consultation, in-service training for agency staff information dissemination and multidisciplinary case review Provides public education about elder abuse to the community

Fees: None

Eligibility: No requirements

Area Served: San Francisco County. Nationwide for consultation

Application: Apply by phone

Languages: None

Accessibility: Elevator ramp wheelchair accessible restroom

Transportation: MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter, 22 Fillmore, 24 Divisadero, 38 Geary

Funding: Grants, United Way, city (Commission on Aging)

Mount Zion Health Systems, Inc.
San Francisco Institute on Aging
Alzheimer's Day Center
2356 Sutter
San Francisco CA 94120

Phone(s):
415-885-7570

Days & Hours
Monday-Friday. 8-4:30 (Office)
Monday. Wednesday. Friday.
10-3:30 (Day Care)
Tuesday. Thursday. 10-2

Person in Charge:
Linda M Griffith, Director

Services:
Offers a specialized day treatment center for persons with Alzheimer's disease or related disorders. The goals of the program are to offer opportunities for socialization, maximize patients' functional abilities and to prevent their premature institutionalization. Services include therapeutic and recreational activities, mental and social stimulation, exercise and movement therapy, music therapy and entertainment. Transportation and noon meal provided Caregiver services include respite, information and referral, and support groups.

Fees: Fixed. Medi-Cal accepted

Eligibility: San Francisco resident with moderate to severe Alzheimer's disease or a related disorder

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Languages: Interpreter (By arrangement)

Accessibility: Elevator ramp restroom

Transportation: MUNI - 2 Clement, 24 Divisadero, 4 Sutter. Paratransit transportation can be arranged

Funding: Grants, fees

Mount Zion Health Systems, Inc.
San Francisco Institute on Aging
Artworks
P.O. Box 7921
San Francisco CA 94120

Phone(s):
415-885-7470

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Jeff Chapline, Coordinator

Services:
Provides resources, education and expertise in a wide range of creative arts to facilitate on-going, meaningful activities and lessen the isolation of homebound elderly and patients hospitalized at Mount Zion Hospital. These activities aid in alleviating depression, which left unchecked can lead to increased immobility and a worsening of the person's medical condition. Creative activities include a multidisciplinary approach involving theatre performance, music songwriting, visual art, video and sculptural meaning.

Fees: None

Eligibility: Age 60 or over

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Japanese, Spanish

Accessibility: Elevator, ramp, wheelchair accessible restroom

Transportation: Not applicable

Funding: City (Commission on the Aging), state (California Arts Council), grants, donations

Mount Zion Health Systems, Inc.
San Francisco Institute on Aging
Geriatric Assessment Service
1600 Divisadero Street
San Francisco CA 94115

Phone(s):
415-885-7521
415-885-7480

Days & Hours
Monday-Friday, 8-4:30

Person in Charge:
Anya Schratz,, MD, Social Worker

Services:
Provides multidisciplinary team evaluation for older adults who are having difficulty caring for themselves, especially those who are confused, depressed, thought to have senility, or who are having problems functioning because of problems of a geriatric nature such as frequent falls, unexplained change in behavior or functional level, or who are being considered for nursing home placement. The evaluations are conducted on an outpatient basis by a physician, neuropsychologist, psychologist, social worker, occupational therapist. Home visit made prior to assessment by nurse for all clients living in San Francisco and some surrounding Bay Area counties. Post assessment case management services also provided to ensure follow through and provide assistance with recommendations made by the team.

Fees: Vary according to income. Private insurance, Medi-Cal, Medicare accepted

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County Marin County, San Francisco County, San Mateo County, Santa Clara County, northern California

Application: Apply by phone

Languages: Russian

Accessibility: Elevator ramp/ wheelchair accessible restroom

Transportation: MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter, 22 Fillmore, 24 Divisadero, 38 Geary

Funding: Fees, donations, grants

Mount Zion Health Systems, Inc.
San Francisco Institute on Aging
Geriatric Information, Counseling and Referral Service (ICR)
2356 Sutter Street, Room 1118
San Francisco CA 94115

Phone(s):
415-885-7800

Days & Hours
Monday-Friday, 8-4 30

Person in Charge:
Ann Comer, Social Worker

Services:
Provides information, counseling and referral for older persons and their families. Social workers on staff answer a wide variety of questions by phone Social workers can make home visits to evaluate a seniors situation when necessary.

Fees: Vary according to income and service

Eligibility: Age 55 or over

Area Served: San Francisco County

Application: Apply by phone

Languages: None

Accessibility: Elevator ramp wheelchair accessible restroom

Transportation: MUNI - 1 California, 2 Clement, 3 Jackson 4 Sutter, 24 Divisadero, 38 Geary

Funding: Hospital, fees

Mount Zion Health Systems, Inc.
San Francisco Institute on Aging
Medical Clinics
1600 Divisadero Street (Post)
San Francisco CA 94115

Phone(s):
415-885-7474

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Harold Brownstein., MD. Director

Services:
Provides comprehensive medical and psychological evaluation, treatment and consultation for health problems for people of all ages with specialized services for the elderly.

Fees: Vary according to income and service. Medi-Cal, Medicare, private insurance accepted

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone or walk in

Languages: Interpreters (By arrangement)

Accessibility: Elevator ramp wheelchair accessible restroom

Transportation: MUNI 1 California 2 Clement, 3 Jackson, 4 Sutter, 22 Fillmore, 24 Divisadero, 38 Geary

Funding: Mount Zion Hospital

Mount Zion Health Systems, Inc.
San Francisco Institute on Aging
Ruth Ann Rosenberg Adult Day Health Center (ADHC)
1675 Scott Street (Sutter)
San Francisco CA 94115

Phone(s):
415-885-7586

Days & Hours
Monday-Friday 8-4 30 (Office)

Person In Charge:
Ann N Blick, Director

Services:
An Adult Day Health Center which provides special nursing and rehabilitation services in addition to social and recreation activities to adults with chronic illnesses or disabilities. Also provides respite to the families responsible for their care. An individualized treatment plan is developed for each participant The plan may include nursing, occupational, physical or speech therapy, nutrition counseling, medication instruction, exercise, assistance with personal hygiene, recreational and social activities and noon time meals The services are provided two to five days per week depending upon the individual s needs

Fees: Vary according to income Medi-Cal, veterans' benefits, private insurance accepted

Eligibility: Disabled, frail, elderly or adult at risk of being institutionalized. Must be a resident of area served (Exceptions granted in certain circumstances)

Area Served: San Francisco County, Western Addition, Inner Richmond, Haight and Marina districts

Application: Apply by phone

Languages: Basque, Filipino (Tagalog), Russian, Spanish

Accessibility: Wheelchair accessible

Transportation: Paratransit transportation provided

Funding: County, grants, fees, donations

Mount Zion Health Systems, Inc.
San Francisco Institute on Aging
San Francisco Linkages
Mail: P.O. Box 7921, 2356 Sutter Street
San Francisco CA 94120

Phone(s):
415-885-7590

Days & Hours
Monday-Friday, 8-4:30

Person in Charge:
Evelyn Dwyer,, LCSW, Program Coordinator

Services:
Serves frail elderly and functionally impaired adults at risk of institutionalization, but not so impaired as to require immediate placement. Provides information and referral on community-based long-term care, assessment, case management, and service coordination with a limited option to purchase needed services in special cases.

Fees: None. Donations accepted

Eligibility: Frail, elderly or functionally disabled adults age 18 or over at risk of institutionalization. Does not serve individuals who are eligible for services under the Department of Developmental Services

Area Served: San Francisco County

Application: No wait

Languages: Interpreter (By arrangement)

Accessibility: Elevator ramp wheelchair accessible restroom

Transportation: MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter, 22 Fillmore, 24 Divisadero, 38 Geary

Funding: State, donations, fees

Mount Zion Health Systems, Inc.
San Francisco Institute on Aging
San Francisco Multipurpose Senior Services Program (MSSP)
Mail: P.O. Box 7921, 2356 Sutter Street (Divisadero)
San Francisco CA 94120

Phone(s):
415-885-7590

Days & Hours
Monday-Friday, 8-4 30

Person in Charge:
Evelyn E. Dwyer., LCSW, Program Coordinator

Services:
Provides case management to help prevent or delay institutionalization of frail elderly. Service includes a health and psychosocial assessment with a reassessment every six months or more often if indicated, coordination of services and ongoing monitoring (minimum of a monthly home visit to ensure adequate and appropriate service delivery). Will purchase other services including translation based on client need.

Fees: None

Eligibility: Age 65 or over, Medi-Cal eligible, certified or certifiable for skilled nursing or intermediate care facility placement

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese, Mandarin), Russian, Spanish

Accessibility: Elevator ramp wheelchair accessible restroom

Transportation: MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter, 24 Divisadero, 38 Geary

Funding: State (Department of Aging), federal

Samele Samuel, Director of Volunteers

Services:

A group of volunteers who provide support for the San Francisco Institute on Aging at Mount Zion Hospital. Volunteers work in a wide range of programs including the Adult Day Health Center, Home Care, Social Day Care, In-Home Art and Recreation, Senior Health Screening, geriatric medicine, information and referral and research in long-term care. Also provide a lifeline system at Mount Zion.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone

Languages:

Accessibility: Elevator ramp wheelchair accessible restroom

Transportation: MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter, 22 Fillmore, 24 Divisadero, 38 Geary

Funding: Donations

Person in Charge:

Constance F. Little, Home Care Director
Shirley Dauchan, Intake Coordinator

Services:

Provides skilled services in an individual's home under the direction of a physician. Patients must be in need of nursing care or rehabilitative services such as physical, occupational or speech therapy Medical social work, home health aids, public health nurses speech therapists, and occupational and physical therapists are available, as needed

Fees: Vary according to service Medi-Cal, Medicare, private insurance accepted

Eligibility: Must be under a doctor's care and a resident of the area served

Area Served: Marin County San Francisco County, Brisbane Burlingame Colma, Daly City, Foster City, Millbrae, Pacifica, San Bruno, San Mateo, South San Francisco

Application: Apply by phone

Languages: Chinese (Cantonese), Filipino (Tagalog), Russian, Spanish

Accessibility: Elevator ramp wheelchair accessible restroom

Transportation: MUNI - 1 California, 2 Clement, 3 Jackson, 4 Sutter, 22 Fillmore, 24 Divisadero, 38 Geary

Funding: Fees

National Association for Visually Handicapped
West Coast Branch
3201 Balboa (33rd Avenue)
San Francisco CA 94121

Phone(s):
415-221-3201

Days & Hours
Monday-Friday, 9-5

Person In Charge:
Deborah Strom, Assistant Director

Services:
Provides public education, information and referral and support for low-vision or partially-sighted individuals. Distributes large print books, newsletters and visual aids. Maintains a large print lending library and provides consultation to agencies including a booklet on standards for producing large print books. Offers educational and recreational activities including support groups for partially sighted young adults and adults age 55 or over.

Fees: Vary according to income for books and visual aids

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, statewide

Application: Apply by phone

Languages: French, Hebrew, Russian, Spanish

Accessibility: wheelchair accessible

Transportation: MUNI - 31 Balboa, 38 Geary (Ocean Beach)

Funding: Donations, grants, special events, memberships, sales

National Eye Care Project
Mail: P.O. Box 6988
San Francisco CA 94101-6988

Phone(s):
800-222-3937 (EYES)

Days & Hours
Monday-Friday 8-4 PST

Person in Charge:
Anna Zammataro, Manager
B. Thomas Hutchinson,, MD, Chairman

Services:
Senior citizens age 65 or over who do not have an ophthalmologist can request brochures about eye diseases or be referred to a volunteer ophthalmologist (emphasis will be placed on low-income seniors). Eligible callers will be mailed the name of an ophthalmologist participating near their home. The patient calls the doctor and will get a comprehensive eye examination and treatment for conditions or diseases, if necessary. If a patient has Medicare or other health insurance this pays the cost (if a patient has neither, there is no cost). Glasses, prescription drugs, hospital services and other medical services are not included in the program.

Fees: None. Medi-Cal, Medicare, private insurance accepted

Eligibility: Age 65 or over, U.S. citizen or legal resident, no access to an ophthalmologist

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, nationwide

Application: Apply by phone

Languages: None

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Foundation of the American Academy of Ophthalmology, donations

National Multiple Sclerosis Society
Northern California Chapter
520 - 3rd Street, Suite 104
Oakland CA 94607

Phone(s):
510-268-0572
800-344-4867

Days & Hours
Monday-Friday, 8:30-5
24-hour answering machine

Person In Charge:
Charles B. McNeil, Executive Director

Services:
Provides services for persons with multiple sclerosis, their families and the community, including individual, couple and family counseling, educational seminars and discussion groups. Phone for information about local support groups. Staff also makes referrals to doctors, therapists and other agencies and rehabilitation facilities Lends equipment to clients when prescribed by a physician and provides equipment purchase assistance based on financial need. Trained volunteer peer counselors are available to talk to people with M.S., family members and friends. Educates the public and health professionals about M.S. and supports research. Offers home respite care services by application. Printed and audio educational material is available on request. Supports a lending library and provides information and referral services. Provides benefits information and legislative advocacy.

Fees: None, annual membership dues $20 per year. Complimentary memberships available for persons with multiple sclerosis

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, northern California

Application: Walk in or apply by phone or mail

Languages: None

Accessibility: Special parking wheelchair accessible restroom

Transportation: AC Transit stops within 1 1 2 blocks. BART - Oakland City Center 12th Street Station within 6 blocks

Funding: Donations, fundraising, memorials, bequests

Native American Health Center
Urban Indian Health Board, Inc.
56 Julian Avenue (15th Street)
San Francisco CA 94103

Phone(s):
415-621-8051 (Medical)
415-621-8056 (Dental)
415-621-8054 (Administration)

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Martin Waukazoo, Executive Director
Marishka Rosinski, Clinic Coordinator
Bertha Jackson, Dental Coordinator

Services:
Outpatient medical and dental clinics providing family planning, comprehensive perinatal services, immunizations, screening and treatment of sexually transmitted diseases, women's health care, Child Health and Disability Prevention (CHDP), and a Women's, Infants', and Children's nutrition program (WIC).

Fees: Vary according to income. Medi-Cal, medicare, private insurance accepted

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in, apply by phone or referral

Languages: American Indian dialects, Spanish

Accessibility: Ramp, wheelchair accessible restroom

Transportation: MUNI - Mission Street lines, 26 Valencia, 22 Fillmore, BART - 16th Street Station

Funding: Federal, state, United Way, donations

Night Ministry
Mail: 432 Mason Street
San Francisco CA 94102

Phone(s):
415-986-1464

Days & Hours
Daily, 10 pm-4 am

Person in Charge:
Rev. Charles H. Lewis, Director

Services:
Trained lay volunteers provide telephone counseling and referral services for all manner of crises. Ordained clergy are available for immediate, in-person counseling on call to the entire city. Persons in crisis arrange where they would like to meet, such as an apartment, a restaurant, or bar, and the Night Minister meets them there. Counseling is non-religious in nature.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone

Languages: None

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Donations, grants

Nihonmachi Legal Outreach
1840 Sutter Street, Suite 205 (Webster)
San Francisco CA 94115

Phone(s):
415-567-6255

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Dean Ito Taylor, Director

Services:
Provides legal services including advice, negotiation, research, litigation and referrals in areas of family law, immigration including relative visa petitions and naturalization assistance, consumer problems, domestic violence employment, public benefits, landlord-tenant, and simple wills to the Asian Pacific community. Offers pamphlets and workshops for community legal education

Fees: Vary according to income

Eligibility: Asian or Pacific Islander

Area Served: San Francisco County

Application: Apply by phone. Appointment and intake interview necessary

Languages: Chinese (Cantonese, Mandarin), Japanese, Vietnamese (By arrangement)

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - 4 Sutter, 2 Clement, 1 California

Funding: Donations, fees, grants, county

North and South of Market Adult Day Health

55 Mabini Street
San Francisco CA 94107

Phone(s):
415-882-7301

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Elizabeth Boardman, Director

Services:
A multidisciplinary Adult Day Health Center which provides comprehensive services to frail elderly enabling them to remain at home as long as possible. Services include rehabilitation services, nursing and personal care services, van transportation to and from the center, social and recreational activities and a hot noon meal.

Fees: Vary according to income. Medi-Cal accepted

Eligibility: Age 18 or over, handicapped or frail elderly at risk of being placed in an institution, resident of area served

Area Served: San Francisco County, Tenderloin and South of Market. Boundaries are Bush Street, Van Ness Avenue, 11th - 17th Streets, Embarcadero

Application: Apply by phone. Appointment necessary. Social worker will make home visit if required

Languages: Chinese (Cantonese), Filipino (Tagalog), Korean, Vietnamese

Accessibility: Wheelchair accessible ramp restroom

Transportation: Van transportation provided

Funding: Donations, city, county

North of Market Senior Services
333 Turk Street (Hyde)
San Francisco CA 94102

Phone(s):
415-885-2274

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Vera Haile, Director

Services:
Provides primary care medical services, case management, discharge planning and medical follow-up for Tenderloin seniors age 55 or over Provides blood pressure and glaucoma screening, podiatry clinic, and home visits to homebound. Alcohol counseling, a sober social center, and women's outreach and activities program are part of the alcohol treatment offered Specialized services are available for homeless elders, Chinese-Vietnamese, Cambodians, Laotians, and gay and lesbian elders. Luncheon served daily Offers recreational activities and a social day care program

Fees: Vary according to income Medi-Cal, Medicare assignment accepted for clinic services No one turned away for inability to pay

Eligibility: Age 55 or over for alcohol and homeless program Age 60 or over for other services

Area Served: San Francisco County, primarily the Tenderloin District (from Bush to Market and Powell to Van Ness)

Application: Apply by phone

Languages: Cambodian, Chinese (Cantonese), Filipino (Tagalog), Laotian, Spanish, Vietnamese

Accessibility: Wheelchair accessible

Transportation: MUNI - 19 Polk, 31 Balboa Market Street lines

Funding: City, donations

Northeast Medical Services (NEMS)
1520 Stockton (Columbus)
San Francisco CA 94133

Phone(s):
415-391-9686

Days & Hours
Monday-Friday, 8:30-5
Saturday, 9-4
24-hour answering service

Person in Charge:
Sophie Wong, Executive Director
Daniel Chan,, MD, Medical Director

Services:
A family oriented outpatient health care facility which provides primary physician care, specialty physician care, nursing, optometry, podiatry, acupuncture, nutrition, health education, social services and dental care. Lab, x-ray and a pharmacy are on site.

Fees: Vary according to income. Medi-Cal, Medicare, private insurance accepted

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone. Appointment preferred

Languages: Burmese, Chinese (Cantonese, Mandarin), Vietnamese

Accessibility: Special parking wheelchair accessible ramp braille in elevator

Transportation: MUNI - 30 Stockton, 41 Union, 15 Third, 39 Coit

Funding: Fees, state, federal

Northern California Society to Prevent Blindness, Inc.
4200 California Street, Suite 101 (4th Avenue)
San Francisco CA 94118

Phone(s):
415-387-0934

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Peter Jamgochian, Director

Services:
Provides services to aid in the prevention of blindness. Among the services offered are a preschool vision program for children age 3-5, glaucoma screening, an eye safety program taught in schools and industrial and agricultural eye safety programs. Provides free publications on diabetes and vision, glaucoma, cataracts, the Aging Eye and a guide book 'Coping with Sight Loss in Northern California.' Home eye tests are available for adults and preschool age children to test their vision in their own homes. Films, audio cassettes and continuing education for eye care professionals are also offered. Maintains a speakers' bureau.

Fees: None except for large quantities of publications

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, northern California

Application: Apply by phone

Languages: Chinese (Cantonese), Spanish (By arrangement)

Accessibility: Most programs are held at other sites - some are wheelchair accessible

Transportation: MUNI - 1 California, 4 Sutter, 2 Clement

Funding: Donations, grants

Older Women's League (OWL)
San Francisco Chapter
601 Dolores Street (19th Street)
San Francisco CA 94110

Phone(s):
415-550-1660

Days & Hours
Tuesday-Thursday, 1-5

Person in Charge:
Lillian Layman, President
Virginia M. Sletteland, Coordinator

Services:
A national membership organization addressing the special concerns of midlife and older women. OWL works forcefully to provide mutual support for its members, to achieve economic and social equity for it's constituents and to improve the image and status of older women. The local chapter has monthly meetings and committees which enable every member to take an active role in it's affairs. Meetings are held on the 4th Saturday of the month from 10-12. Holds special events such as Wonderful Older Woman, honoring local women of achievement and influence, held annually in May. Other conferences, workshops and special events are held throughout the year.

Fees: $10 annual membership, National OWL. $10 annual membership, San Francisco OWL

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone or by mail

Languages: None

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 22 Fillmore, J Church

Funding: Donations, grants

On Lok Senior Health Services

1441 Powell Street (Broadway)
San Francisco CA 94133

Phone(s):
415-989-2578

Days & Hours
Monday-Friday, 8-4:30
24 hours daily (Night physician available)

Person in Charge:
Jennie Chin Hansen, Director

Services:
A long-term care organization that provides medical and social services to frail elderly, isolated, physically handicapped or confused adults. The program is designed to offer an alternative to nursing homes for those people who prefer to remain in their community. Following an assessment and after acceptance into the program, a multidisciplinary team provides all health and medical services including medical and nursing services, physical, occupational and speech therapy, in-home support, counseling, social and recreational services, transportation, meals and housing assistance. Services are provided in one of On Lok's four licensed day health centers, the participants' homes, sheltered housing, participating hospitals or nursing homes. Also operates an intergenerational program in conjunction with its child care development center at one of the licensed day health centers.

Fees: Vary according to income. Medicare, Medi-Cal, private insurance accepted

Eligibility: Frail elderly, age 55 or over, resident of area served

Area Served: San Francisco County, Chinatown, North Beach, Polk Gulch districts

Application: Apply by phone. Appointment necessary

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), Italian, Portuguese, Spanish

Accessibility: Wheelchair accessible, restroom, vans with wheelchair lifts, special parking, carry-chair service, interpreters for the deaf available

Transportation: On Lok can arrange for transportation

Funding: State, federal, fees, United Way

Operation Concern of Pacific Medical Center
Gay and Lesbian Outreach to Elders (GLOE)
1853 Market Street (Guerrero)
San Francisco CA 94103

Phone(s):
415-626-7000

Days & Hours
Monday-Friday, 10-5

Person in Charge:
George Roosen, Men's Program Coordinator
Pat Durham, Women's Program Coordinator

Services:
Offers gay and lesbian seniors an opportunity to create an alternative family network with other seniors and volunteers. Provides visits to homebound, support and rap groups, information and referral, educational workshops, activity groups and social events. Speakers' Bureau informs senior service providers about lesbian and gay aging. Outreach Committee builds awareness of GLOE throughout the gay community. Publishes monthly newsletter.

Fees: None

Eligibility: San Francisco resident age 60 or over

Area Served: San Francisco County

Application: Walk in, apply by phone

Languages: None

Accessibility: Elevator ramp wheelchair accessible restroom

Transportation: MUNI - 8 Market

Funding: Federal, donations

Options for Women Over Forty

3543 - 18th Street, Suite 6 (Valencia)
San Francisco CA 94110

Phone(s):
415-431-6405
415-626-2128 (Domestic Workers)

Days & Hours
Monday-Thursday, 10-5

Person In Charge:
Susan Stone, Executive Director

Services:
A self-help organization assisting women age 40 or over in recognizing and developing their personal and career potentials. Workshops cover such topics as career and life planning and job search techniques. Other services include life transition counseling, support groups, job listings and job assistance. A special outreach program for Latina women includes English as a Second Language classes, employment information and a Domestic Workers Collective which places women in housecleaning and in-home support jobs. A newsletter is published five times a year.

Fees: Vary according to income for workshops. Annual membership $25. Other services free or low cost.

Eligibility: Female, age 40 or over (will accept some women close to age 40)

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Walk in or apply by phone

Languages: Spanish

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 22 Fillmore, Mission Street lines, 33 Stanyan, 26 Valencia. BART - 16th Street Station

Funding: Membership fee, donations, grants

Patients Rights Advocacy Services, Inc. (PRAS)
2325 - 3rd Street, Suite 221
San Francisco CA 94107

Phone(s):
415-552-8100

Days & Hours
Monday-Friday, 9-5

Person In Charge:
Fancher Bennett, Executive Director

Services:
Provides advocacy and rights protection for mental health consumers in San Francisco. Advocates for the legal rights of patient/residents in public or private mental health or community care facilities. Advocates attempts to resolve consumer complaints. Educates consumers about their legal rights.

Fees: None

Eligibility: Mental health consumer in San Francisco

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese), Spanish (By arrangement)

Accessibility: Elevator ramp wheelchair accessible restroom

Transportation: MUNI - 22 Fillmore, 15 Third, 48 Quintara - 24th Street

Funding: County, grants, donations

Performing Arts Workshop

Fort Mason Center, Landmark Bldg. C, Rm. 265 (Laguna)
San Francisco CA 94123

Phone(s):
415-673-2634

Days & Hours
Monday-Wednesday, 9-5
Thursday, 9-5

Person In Charge:
Gloria Unti, Artistic and Executive Director
Carla Sarvis, General Manager

Services:
Provides socially therapeutic education, training and performing opportunities in theater, dance and creative movement for children, youth, adults, and the elderly. Operates 'Artists in Schools' program including its components Special Education/Deaf and Hearing Impaired, Theatre for the Elders, and Ethnic Dance. Teacher training program offers training for educators and students interested in teaching the creative process in the public schools

Fees: Vary according to service

Eligibility: No requirements

Area Served: San Francisco County, San Mateo County

Application: Apply by phone

Languages: Italian, Spanish (Monday-Wednesday)

Accessibility: Phone for information

Transportation: MUNI - 22 Fillmore, 30 Stockton, Van Ness lines, 28 Nineteenth Avenue

Funding: State, United Way, fees, grants

Planetree Health Resource Center
2040 Webster (Sacramento)
San Francisco CA 94115

Phone(s):
415-923-3680

Days & Hours
Tuesday-Friday, 11-5
Wednesday, 11-7
First and third Saturday each month, 11-5

Person in Charge:
Bobbie Wunsch, Executive Director
Tracey Cosgrove, Director, Health Resource Center

Services:
Provides free access to medical information and health and a health bookstore. Subjects covered at the center include self care and first aid, physiology and anatomy, occupational health hazards, alcoholism, smoking, stress, mental health, acute and chronic diseases, cancer, AIDS, alternative therapies, nutrition, fitness, exercise, sexuality, genetics, childbirth and infant care, aging, death and animal health care. The library collection consists of over 2500 medical texts, consumer health books and journals. A current clipping file catalogs the latest information on medical research, treatment approaches and technological advances. Also offers a special collection of children's books focusing on a child's view of illness, hospitalization and health awareness. Provides information by mail with basic packets on selected topics and in-depth research on any medical diagnosis for a fee. Provides a guide to national health agencies, local practitioners, clinics, and self-help groups. Offers Spring and Fall lecture series.

Fees: None to use the center. $20 per year for library card. Individual membership - $35 per year includes borrowing privileges. Basic information packets $15. In-depth information packets $75 per topic. MEDLINE bibliography - $25

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, nationwide

Application: Walk in or apply by phone

Languages: None

Accessibility: Some large print materials are available Entrance is located one 4-inch step above the ground level

Transportation: MUNI - 1 California, 22 Fillmore

Funding: Donations, membership fees, PPMC

Polish Arts and Culture Foundation

1290 Sutter Street (Van Ness)
San Francisco CA 94109

Phone(s):
415-474-7070

Days & Hours
Tuesday-Friday, noon-7
Weekends by appointment

Person in Charge:
Mrs. Wanda Tomczykowska, President

Services:
Offers concerts, exhibits, lectures, films and 'Polish Fridays' with dinner. All programs are in English. Senior citizens and students receive discounts on membership and tickets. Provides translation and interpretation services. Instruction in Polish and English can be arranged. Offers limited legal services and provides assistance to refugees including housing and job information. A library offers Polish films, tapes, photos, periodicals, and books. An appointment is necessary for service.

Fee: Vary according to service

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County

Application: Walk in or apply by phone

Languages: French, German, Polish

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 2 Clement, 3 Jackson, 4 Sutter, 45 Union-Stockton, 49 Van Ness Mission, 42 Downtown Loop, BART - Civic Center Station

Funding: Donations, membership dues

Potrero Hill Neighborhood House
953 De Haro Street (Southern Heights)
San Francisco CA 94107

Phone(s):
415-826-8080

Days & Hours
Monday-Friday, 8:30-10 pm

Person in Charge:
Enola D. Maxwell, Director

Services:
A neighborhood community center providing a variety of social, cultural, educational, and recreational programs. Offers an Academic Boy's Club to help boys resist drugs and to provide college scholarships for eligible youth. Nutrition program serves noon meals, as well as offering bingo and other recreational activities for seniors. The social development program works with physically and mentally handicapped adults. Services include socialization, recreation and education. Operates a childcare preschool for children age 2-5. Offers after-school and summer youth programs including a mayor's in-school employment program, a summer youth employment program, arts and crafts, artists in residency program, a working theatre ensemble group, and planned outings. Tutoring is available for students age 7-18. Offers space for community meetings, if available.

Fees: Vary according to service, suggested donation for meals $1.25

Eligibility: Referral from social service agency required for social development program. Youth employment, age 14-21. Seniors, age 55 or over. None for other services

Area Served: San Francisco County, Potrero Hill District

Application: Walk in or apply by phone

Languages: Italian, Spanish

Accessibility: Wheelchair accessible restroom ramp

Transportation: MUNI - 19 Polk, 53 Southern Heights

Funding: City, county, state, United Way

Private Industry Council of San Francisco, Inc (PIC)
Job Training Partnership Act (JTPA)
1049 Market Street, 4th Floor
San Francisco CA 94103-1634

Phone(s):
415-861-JOBS (Employer Job Listings)
415-621-6853 (Office)
415-557-1274 (Youth)

Days & Hours
Monday-Friday 8-5

Person In Charge:
Eunice Elton, President
Steve Arcelona, Vice President
Raymond Holland, Vice President

Services:
Administers job training funds and operates the Job Training Partnership Program (JTPA), the Summer Youth Employment and Training Program, the Mayor's Summer Jobs Program and three refugee services jobs programs. Offers job development, job counseling and on-the-job training for San Francisco residents, age 16 and over. Training includes clerical, carpentry, automotive repair, drafting and computer repair positions. Also offers GED preparation and basic literacy skills assistance for adults. The Summer Youth Employment Training Program (SYETP) for low-income youth, age 14-21, provides work experience. The Mayor's Summer Jobs Program, open to all San Francisco youth age 16-21, provides job counseling and job placement. The Older Workers Program provides job development, job counseling, job search training and on-the-job training to seniors, age 55 or over. On-the-job training includes clerical, bookkeeping, accounting and security guard positions. Also provides job placement assistance and/or job retraining to persons displaced by plant closures or major layoffs, regardless of income. Refugee services include job referrals and placement, job training, counseling, career guidance and on-the-job training for a wide range of occupations. Services are provided by community organizations under contract.

Fees: None

Eligibility: San Francisco resident. Low income for all programs except persons from plant layoffs. Age 16-21 for Mayor's Summer Jobs Program. Age 14-21 and low-income for Summer Youth Employment Training Program. Low-income for JTPA applicants. Registration with selective service for males age 18-26.

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Arabic, Bisaya, Chinese (Cantonese, Mandarin), Filipino (Ilocano, Tagalog), French, Pampanga, Russian, Samoan, Spanish, Vietnamese

Accessibility: Wheelchair accessible, restroom

Transportation: MUNI - Market Street Lines. BART - Civic Center Station

Funding: Federal, state, donations

Progress Foundation
Geriatric Residential and Day Treatment Program
Rypins and Carroll House
1405 Guerrero Street (26th Street)
San Francisco CA 94110

Phone(s):
415-821-0697
415-861-0828 (Office)

Days & Hours
24 hours daily
Monday-Friday 9-4:30

Person in Charge:
Jeanette Graham Singyke, Program Director

Services:
A residential program which provides a transitional program for adults age 55 or over with psychiatric or social adjustment problems. The program is a social rehabilitation model which promotes independent living skills with the goal of returning residents to the community. Residents are expected to participate in household chores, in-house meetings and activities. Maximum stay is six months. The day treatment program is also for persons age 55 or over and includes individual, family and group therapy, medication socialization, and recreational activities, crisis intervention, home visits and case management.

Fees: Vary according to income

Eligibility: San Francisco resident, age 55 or over, with a psychiatric disability

Area Served: San Francisco County

Application: Referral from mental health professional preferred. Self referral or referral from community agencies possible pending psychiatric consultation at Rypins House

Languages: Spanish

Accessibility: Not wheelchair accessible at this time

Transportation: Van available for transportation to interview if needed

Funding: City, county (Community Mental Health), state (Short-Doyle)

Progress Foundation
Seniors Program

1405 Guerrero Street (Army)
San Francisco CA 94110

Phone(s):
415-861-0828 (Administration)
415-821-0697 (Rypins & Carroll House)

Days & Hours
Monday-Friday, 9-5
24 hours, daily

Person in Charge:
Jeanette Graham Singyke, Director

Services:
A 24-hour transitional residence for seniors age 60 or over with psychiatric or social adjustment problems. Services include case management. This is a social rehabilitation model, and the goal is to return residents to the community at the highest level of functioning possible. Residents are expected to participate in household chores, in-house meetings and activities.

Fees: Vary according to income

Eligibility: San Francisco resident age 60 or over (younger with aging issues)

Area Served: San Francisco County

Application: Apply by phone

Languages: Spanish

Accessibility: Not wheelchair accessible at this time

Transportation: Van transportation arranged if necessary

Funding: City, state

Public Administrator / Guardian
25 Van Ness Avenue (Market)
San Francisco CA 94102

Phone(s):
415-554-1150

Days & Hours
Monday-Friday 8-12 1-5

Person in Charge:
Ricardo Hernandez Public Administrator
Michelle Mc Cabe Assistant Administrator

Services:
As Public Guardian, protects persons who are conserved and manages their assets Conserved persons are those who are legally declared unable to manage their own personal and financial affairs. As Public Administrator, manages the property of deceased persons when no executor exists

Fees: Established by the superior court

Eligibility: Geriatric adults legally declared unable to manage their own personal affairs Must be referred by professionals and be court appointed

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese, Filipino (Tagalog), Spanish

Accessibility: N A

Transportation: Not necessary for service

Funding: City, county

Raphael House
Neighborhood Senior Association
1065 Sutter Street (Larkin)
San Francisco CA 94109

Phone(s):
415-474-4621

Days & Hours
Monday-Friday, 9-4:30

Person in Charge:
Brother Michael Ennis, Executive Director
Father Philip Tolbert, Program Director

Services:
Works with seniors who live in the Tenderloin or Central City by providing a weekly exercise program, a crafts workshop to benefit Raphael House, a creative writing class and neighborhood teas. Provides volunteer and service opportunities for seniors. Coordinates services with other agencies. Provides outreach, counseling and information and referral.

Fees: NONE

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily the Tenderloin and central city districts

Application: Walk in or apply by phone

Languages: None

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - Sutter Street Lines, 19 Polk, Van Ness Lines

Funding: Donations, grants

Recreation Center for the Handicapped, Inc.
207 Skyline Blvd. (Herbst)
San Francisco CA 94132

Phone(s):
415-665-4100

Days & Hours
Monday-Friday 8 am 8 30 pm
Saturday 10-5
Respite care by arrangement

Person in Charge:
Janet Pomeroy, Director

Services:
Provides year-round recreation and camping programs for the mentally or physically handicapped of all ages, as well as the elderly or frail There is a gym, swimming pool heated to 95 degrees, and a parent-child therapeutic swim program. Three hot meals are served at the facility Monday through Friday. Conference space and meeting rooms are available for rent Home visits, friendly visiting, and small travel groups are provided The Brainstorm Program serves the needs of adults recovering from traumatic brain injuries The social-recreational program is designed to improve and maintain the participants mobility, socialization skills and independence There is also a vocational rehabilitation component with supported employment opportunities to assist re-entry into the work force Project One to One is a volunteer program which provides peer support to homebound senior residents Trained volunteers visit elders once a week for two to four hours The project emphasizes social activities such as storytelling, writing arts and crafts The Center operates a respite program seven days a week for San Francisco residents who live with their families

Fees: Vary according to income

Eligibility: San Francisco resident, emotionally developmentally or physically handicapped or frail elderly

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese, Filipino (Tagalog), Polish Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 18 46th Avenue, L Taraval Van transportation available

Funding: City, county, state, federal, donations, grants

Renaissance
Experience Plus
973 Market Street, Suite 200
San Francisco CA 94103

Phone(s):
415-546-7161

Days & Hours
Monday-Friday, 9-4:30

Person in Charge:
Carlos F. Ver, Program Director

Services:
Provides occupational classroom training and job search workshops for persons age 55 or over who are looking for employment. The workshops take place over a two week period. Upon successful completion of the training, placement assistance is provided.

Fees: None

Eligibility: San Francisco resident age 55 or over. JTPA low-income eligible

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Filipino (Tagalog), Spanish

Accessibility: Elevator wheelchair accessible

Transportation: MUNI - Market Street lines. BART - Powell Street station

Funding: Federal (JTPA, PIC)

Rose Resnick Center for the Blind and Visually Impaired
1299 Bush Street (Larkin)
San Francisco CA 94109

Phone(s):
415-441-1980

Days & Hours
Monday-Friday 8 30-4 30

Person In Charge:
Rosanna Pribilovics, Chief Operations Officer
Rose Resnick., EdD, Chairman of the Board

Services:
Provides services to individuals with visual disabilities Offers job placement and computer training services Provides consultation and demonstration of state of the art adaptive equipment Offers a recreational and educational day center for visually disabled adults with craft cooking and dance instruction movement therapy, health and hygiene lectures weekly speakers and organized field trips. The Senior Self-Reliance Project offers adjustment training for adults experiencing vision loss These services include a home visit, home management skills, counseling, support groups and use of the white cane. A Saturday program for blind and visually impaired children offers arts and crafts, drama, health and hygiene habits cooking, sailing, horseback riding, swimming, field trips and a summer camping program Also provides job counseling and placement for visually impaired. Limited transportation through taxi vouchers for low-income disabled adults requiring medical attention and information, referral and consultation Provides public education to increase disability awareness among the non-handicapped through a speakers' bureau, a newsletter, media workshops, films and slide presentations

Fees: $10 registration fee

Eligibility: Vary according to service For transportation service low-income San Francisco resident with a physician s verification of inability to use public transportation

Area Served: San Francisco County

Application: Apply by phone or mail. Appointment necessary

Languages: Filipino (Tagalog), French

Accessibility: Wheelchair accessible

Transportation: MUNI - 19 Polk 1 California, 2 Clement, 3 Jackson 47 Van Ness

Funding: Donations, grants, city

Russian American Community Services

300 Anza Street (Collins)
San Francisco CA 94118

Phone(s):
415-387-5336

Days & Hours
Monday-Friday, 9-5
Monday-Friday, 11-1 (Lunch)

Person in Charge.
Nicholas Lu-Choglokoff Executive Director
Anna Napoli, Support Services Manager

Services:
A senior center providing general social services including counseling, translation, recreational activities, lectures, health and nutrition education, and information and referral. Lunch is served Monday through Friday, 11 am to 1 pm.

Fees: $1.25 suggested meal donation. Supporting membership $15

Eligibility: Age 60 or over

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: German, French, Polish, Portuguese, Russian (By arrangement)

Accessibility: Meal site is wheelchair accessible

Transportation: MUNI - 38 Geary, 43 Masonic. Upon request, a mini pickup is available from home to meal site, Monday and Friday only

Funding: County (Commission on Aging), federal (USDA), donations, fundraising, membership fees

Salvation Army
Center for Social Services
445 - 9th Street (Harrison)
San Francisco CA 94103

Phone(s):
415-861-0755

Days & Hours
Monday 8 30-12 1-3
Tuesday-Friday, 8 30-12 1-4

Person in Charge:
Harry De Ruyter, Director

Services:
Provides direct social work services for low-income residents These include temporary assistance with emergency food, emergency shelter information and referral, welfare advocacy, brief task-centered casework earthquake relief and missing persons assistance. The REACH Program (Relief for Energy Assistance through Community Help) provides limited assistance with PG&E bills for low-income residents who do not qualify for AFDC, SSI, GA or food stamps. Eligible clients may receive assistance only one time per 12-month period Clients must have a 15-day or 48-hour shutoff notice for energy assistance. Phone for more information.

Fees: None

Eligibility: Low-income San Francisco resident 15-day or 48-hour shutoff notice for Reach Program

Area Served: San Francisco County

Application: Walk in for social services Appointment necessary to apply for the Reach Program

Languages: Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 19 Polk, 27 Bryant, 42 Downtown Loop

Funding: United Way, donations, federal (FEMA)

Salvation Army
Central Corps
360 - 4th Street (Folsom)
San Francisco CA 94107

Phone(s):
415-777-2677

Days & Hours
Monday-Friday, 8-4
Weekends, holidays, 9-3

Person in Charge:
Envoy Ron McKinney, Director

Services:
A multipurpose, multicultural senior center which provides a wide variety of services to seniors age 55 or over. The social service component provides information and referral, general social work and bilingual outreach to Asian elders. Also provides case management for frail elders in danger of institutionalization, coordinating needed services so they may remain in their own homes. Provides regular and special recreational programs including arts and crafts, sightseeing, overnight trips and special programs for disabled persons. Offers English as a Second Language classes, senior community action groups, blood pressure screening, health talks, and Chinese English bible study. Produces a monthly newsletter. Serves as a lunch site. Recruits, trains and places volunteers to assist in the center's activities and to provide activities for the center's members. Sponsors senior development and a senior advocacy and leadership development program. Administers the REACH program to assist low-income seniors who are having difficulty paying their PG&E bill. Also arranges for low cost rates for seniors with special health needs.

Fees: None for most services. Membership fee of $10 per year or $6 for a half year is not required for participation, but guarantees a monthly newsletter. Some minimal fees for special events

Eligibility: Seniors age 55 or over

Area Served: San Francisco County, primarily South of Market District

Application: Walk in or apply by phone

Languages: Chinese (Cantonese, Mandarin), French, Spanish

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - 30 Stockton, 30 Express, Mission Street Lines

Funding: United Way, donations, Salvation Army

Salvation Army
Chinatown Corps and Community Center
1450 Powell (Broadway)
San Francisco CA 94133

Phone(s):
415-781-7360

Days & Hours
Monday-Friday 9-4 30

Person in Charge:
Major Check-Hung Yee, Director

Services:
A community center with programs for persons of all ages in San Francisco s Chinatown District. Services include youth activities, after school programs a gymnasium, a senior residence and a senior brunch served daily

Fees: None

Eligibility: No requirements

Area Served. San Francisco County, Chinatown District

Application: Apply by phone

Languages: Chinese

Accessibility: Elevator

Transportation: MUNI - 30 Stockton

Funding Donations United Way

Salvation Army
Harbor Light Center
1275 Harrison Street (9th Street)
San Francisco CA 94103

Phone(s):
415-864-7000

Days & Hours
24 hours daily

Person in Charge:
Captain Lawrence Shiroma, Director

Services:
Offers a continuum of services to men and women with alcohol related problems. Serves as an entry point for persons who would like to begin a sober lifestyle. The social model detoxification center offers assessment and program referral. The Homeless Alcohol Recovery Program (HARP) is a 28-day highly structured primary program providing alcohol education, individual and group counseling. The residential recovery home provides an environment in which individuals make plans for recovery and re-entry into the community. Services include individual and group counseling, vocational assistance, spiritual counseling and re-socialization.

Fees: Vary according to service

Eligibility: Age 18 or over

Area Served: San Francisco County

Application: Apply by phone for interview

Languages: Spanish

Accessibility: Wheelchair accessible at the social detox center (1255 Harrison)

Transportation: MUNI - 19 Polk, 27 Bryant

Funding: City, county, federal, state, donations, fees, United Way

Salvation Army
Mission Corps and Community Center
1156 Valencia (22nd Street)
San Francisco CA 94110

Phone(s):
415-648-0260

Days & Hours
Monday-Friday 8-5
Friday 6-8 pm (youth)
Monday-Friday 2-5 pm (youth age 6-11)

Person in Charge:
Pedro Yepez, Captain

Services:
A community center for Spanish-speaking persons which provides activities for all ages. Serves as a senior meal site and senior center Monday-Friday from 8-1. In the afternoon, offers after-school activities, special girls' programs, boy scouts, a summer day camp and special activities on Friday evenings for youth age 14-25.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County, Mission District

Application: Walk in

Languages: Spanish

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 26 Valencia BART - 24th Street Station

Funding: Donations, United Way

Salvation Army
Senior Meals, Activities and Support Services
850 Harrison Street
San Francisco CA 94107

Phone(s):
415-777-5350

Days & Hours
Hours vary at each site
Meals served at noontime

Person in Charge:
Evelyn Dexter, Director

Services:
Provides meals at 22 sites, 21 sites serve weekday meals and six sites serve weekend and holiday meals. A wide variety of support services are offered at the 22 sites including recreation, trips, bilingual translation, consumer education, nutrition education, spiritual well-being, volunteer training, senior leadership development, telephone reassurance, forms assistance, exercise classes, health screening, special events, arts and crafts, counseling and Muni passes.

Fees: $1.25 donation suggested per meal

Eligibility: Age 60 or over

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Chinese (Cantonese), Spanish

Accessibility: Sites are wheelchair accessible

Transportation: Varies. Phone for information

Funding: Federal, state, city, United Way, donations

Salvation Army
Turk Street Corps and Community Center
240 Turk Street (Jones)
San Francisco CA 94102

Phone(s):
415-928-7078

Days & Hours
Monday-Friday 8

Person in Charge:
Evelyn Dexter, Director
Kitty Granat, Site Service Coordinator

Services
A drop-in center for residents of San Francisco's Tenderloin District. The senior services program includes a nutrition program which serves lunch everyday at 11 30, health education, monthly podiatry clinic, support groups exercise classes, dancing, movies, bingo, field trips and recreational activities. Also provides referrals and other supportive services

Fees: Suggested lunch donation $1 25

Eligibility: Senior program - age 60 or over

Area Served: San Francisco County, primarily the Tenderloin District

Application: Walk in

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI 31 Balboa

Funding: Donations, city, United Way

San Francisco Adult Day Health Network

1435 Market Street, 4th Floor (10th Street)
San Francisco CA 94103

Phone(s):
415-554-2426

Days & Hours
Monday-Friday, 8:30-4 30

Person in Charge:
Alex Jestrab, Administrative Director

Services:
Provides administrative support for seven Adult Day Health Care Programs in San Francisco. Raises funds, coordinates transportation, and promotes the services provided at the centers. Adult Day Health Centers provide daytime care in a community setting for frail elderly and disabled adults

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone

Languages: None

Accessibility: Elevator

Transportation: MUNI - Market street lines. BART - Civic Center station

Funding: City, state, United Way, donations, grants

San Francisco City and County
Civil Service Commission
Recruitment and Examination Division
44 Gough (Market)
San Francisco CA 94103

Phone(s):
415-557-4888 (Job Hotline)
415-557-4800 (Office)
415-775-9484 (TDD)

Days & Hours
24 hours daily
Monday-Friday, 8-5

Person in Charge:
Ray Wong, Director, Recruitment and Examination
John Walsh, General Manager, Personnel

Services:
Maintains information about employment opportunities and procedures with the City and County of San Francisco. Job announcements are posted Fridays. The Job Hotline is updated Thursday afternoons. Applicants will be notified when examinations are scheduled.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in. Must fill out application and take civil service exam

Languages: Chinese (Cantonese), Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - Van Ness Lines

Funding: City, county

San Francisco City and County Commission on the Aging

25 Van Ness Avenue, Suite 650 (Market)
San Francisco CA 94102

Phone(s):
415-864-6051

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Joyce Ream, Director

Services:
An administrative office which contracts with agencies serving seniors in the areas of: housing, legal services, community services, case management, transportation, escort service, congregate and home-delivered meals, mental health, general health, in-home services, consumers services, ombudsmen, and information and referral.

Fees: None

Eligibility: Age 60 or over

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese, Filipino, Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street, Van Ness Street lines

Funding: City, county, state (Department of Aging), federal

San Francisco City and County Commission on the Aging Senior Information and Referral
1182 Market, Suite 320 (8th Street)
San Francisco CA 94102

Phone(s):
415-626-1033
415-552-6016 (Taped Information)

Days & Hours
Monday-Friday, 8-4 30
Answering Service after hours

Person in Charge:
Teri Dowling, Director

Services:
Provides information and referral for seniors, informal caregivers and agencies serving seniors Referrals for health care, social services legal assistance housing, adult day health centers, transportation, in-home support services etc. A health education and consumer library provides free print materials and a video loan service A three-minute taped message, changed weekly, provides information about services and events of interest to seniors Distributes senior Gold Cards and Muni ID cards Publishes annually a directory of services for seniors in San Francisco and produces a variety of specialty lists. A 24-hour Elder Abuse Referral Line answers questions about suspected elder abuse and connects callers with the appropriate agencies in the Elder Abuse Consortium for further action.

Fees: None

Eligibility: Age 60 or over

Area Served: San Francisco County

Application: Walk in for gold card or MUNI ID. Walk in or phone for information and referral

Languages: Chinese (Cantonese Mandarin), Spanish, Vietnamese

Accessibility: Office wheelchair accessible

Transportation: MUNI - Market Street Lines BART - Civic Center Station

Funding: City, county

San Francisco City and County Commission on the Status of Women

1170 Market Street (6th Floor)
San Francisco CA 94102-4908

Phone(s):
415-252-2570
415-863-7444 (Sexual Harassment)
415-431-5764 (FAX)

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Sharon Johnson, Executive Director

Services:
Advocates for affirmative action to eliminate barriers which restrict women from full participation in the economic, educational, political, and social affairs of San Francisco. An advocacy and networking body works through a committee structure. Issues of interest include: comparable worth, sexual harassment, affirmative action, rape awareness, prevention and education, domestic violence, legislation and publicity. The Sexual Harassment Helpline provides options counseling. Provides information and referral to other related services.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Spanish

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - Market Street lines. BART - Civic Center Station

Funding: City, county

San Francisco City and County
Mayor's Citizen Assistance Center
City Hall, Room 160
San Francisco CA 94102

Phone(s):
415-554-7111

Days & Hours
Monday-Friday, 8 30-5

Person In Charge
Anita Sanchez, Director

Services:
Provides information about official city decisions and gives referrals to city government programs and services Help citizens to understand city services and to avoid 'red tape' Answers questions about San Francisco's Rent Control Ordinance

Fees. None

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in, apply by phone or mail

Languages Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible restroom ramp

Transportation. MUNI - Market Street lines, 5 Fulton 47 Van Ness, 19 Polk 21 Hayes, 42 Downtown Loop

Funding. City, county

San Francisco City and County
Mayor's Office of Housing and Economic Development

10 United Nations Plaza Suite 600
San Francisco CA 94102

Phone(s):
415-554-8777

Days & Hours
Monday-Friday, 8:00-5

Person in Charge:
Barbara Smith, Director
Brad Paul, Deputy Mayor

Services:
Provides low-interest loans to low-income owner occupants in targeted neighborhoods to repair housing code deficiencies or to make accessibility modifications for disabled persons. Also provides Rental Rehabilitation Grants of up to fifty (50) percent of the cost for rental properties in targeted low-income areas to correct housing code violations, to conform to section 8 housing standards, to improve handicapped access or energy efficiency. Offers below market interest rate loans for low- to moderate-income first time homebuyers.

Fees: Vary according to program

Eligibility: San Francisco resident, low or moderate income in targeted neighborhoods for rehabilitation (Bayview Hunters Point, Bernal Heights, Chinatown Northbeach, Hayes Valley, Inner Mission, North of Market, Ocean View Merced Heights Ingleside, Potrero Hill, South of Market, Visitation Valley, Western Addition). Seniors or physically disabled city-wide

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese, Mandarin), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 19 Polk, Market Street Lines, BART - Civic Center Station

Funding: City, county, federal, state

San Francisco City and County
Residential Rent Stabilization and Arbitration Board
25 Van Ness Avenue, Suite 320 (Market)
San Francisco CA 94102-6033

Phone(s):
415-554-9550
415-554-9562 (FAX)

Days & Hours
Monday-Friday 8-5

Person in Charge:
Joe Grubb, Executive Director

Services:
Provides information to landlords and tenants on allowable rent increases, lawful eviction and the City's rent stabilization law. Arbitrates conflicts related to rent and eviction.

Fees: None, except for estimator fees for capital improvement petitions

Eligibility: San Francisco tenant or landlord of San Francisco residential rental unit. Board does not work with subsidized housing or owner occupied buildings of 4 units or less

Area Served: San Francisco County

Application: Walk in or apply by mail

Languages: Chinese (Cantonese, Mandarin), Spanish, Vietnamese

Accessibility: Wheelchair accessible, restroom, ramp

Transportation: MUNI - Market Street lines, 21 Hayes, Van Ness lines

Funding: City

San Francisco Dental Society
Emergency and Referral Service
760 Market, Suite 828
San Francisco CA 94102

Phone(s):
415-421-1435 (Referral Service)
415-986-5845 (Business Office)

Days & Hours
24 hours daily
Monday-Friday, 9-5

Person In Charge:
Loa Kingston, Director

Services:
A telephone referral service which provides names and phone numbers of dentists according to neighborhood served, foreign languages spoken, emergency hours and who will accept Medi-Cal. The business office will help when the referral line is busy

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone

Languages: Interpreter (By arrangement)

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Dental Society

San Francisco Dental Society
Senior Dental Program
760 Market Street, Room 828
San Francisco CA 94102

Phone(s):
415-986-5845 (Administration)
415-421-1435 (Referral Line)

Days & Hours
Monday-Friday, 9-[illegible]
24 hours daily

Person in Charge:
Loa Kingston, Executive Director

Services:
Refers seniors age 62 or over to dentists who provide services for approximately 15% below their standard fees. Some dentists provide home visits if necessary. Referral service staff speaks English only, but can refer clients to dentists who speak Tagalog, Spanish, Chinese and other languages.

Fees: None for referral service. Member dentists charge approximately 15% less than their standard fee.

Eligibility: San Francisco resident age 62 or over. Must be on a fixed income of under $16,000 per year. Must have no dental insurance and must not be eligible for Medi-Cal.

Area Served: San Francisco County

Application: Apply by phone

Languages: None

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Membership dues

San Francisco Department of Public Health Administration
101 Grove Street
San Francisco CA 94102

Phone(s):
415-554-2500

Days & Hours
Monday-Friday, 8-5

Person In Charge:
Raymond Baxter, Director

Services:
Administers the programs and services of the San Francisco Public Health Department. Refers individuals to appropriate programs for the services they need.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - 19 Polk, Market Street lines

Funding: City, county

San Francisco Department of Public Health
Central Emergency Services - Paramedic Division
Mail. 135 Polk Street 50 Ivy Street (Grove)
San Francisco CA 94102

Phone(s):
911 (Emergencies)

415-554-2900 (Paramedic Division Administration)
415-621-0953 (TDD Ambulance)

Days & Hours
24 hours daily
Daily 8 am-10 pm

Person In Charge:
Charles Saunders, MD, Medical Director

Services:
A paramedic and ambulance are on call 24 hours daily to respond to medical emergencies and provide transportation of victims to nearest appropriate medical facility

Fees: Vary according to income Medicare Medi-Cal private insurance accepted

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Chinese (Mandarin), Japanese, Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 21 Hayes, 5 Fulton, Van Ness lines

Funding: City, county

San Francisco Department of Public Health
Community and Home Injury Prevention for Seniors (CHIPPS)
1182 Market Street, Suite 204 (8th Street)
San Francisco CA 94102

Phone(s):
415-621-3017

Days & Hours
Monday-Friday, 9-4:30

Person in Charge:
Pat Davis, Project Director

Services:
Seeks to prevent injury and enhance independence by helping seniors maintain a safe home. Services include a home safety check, home safety repairs such as installation of grab bars, smoke detectors, and repair of stairs, etc. Also provides personal medication counseling by a professional pharmacist. Provides referrals to health providers and community programs as appropriate. Advocates for changes which will reduce injury hazards in public areas.

Fees: None

Eligibility: San Francisco resident, age 60 or over, with low to moderate income

Area Served: San Francisco County

Application: Apply by phone

Languages: Interpreters (By arrangement)

Accessibility: Elevator

Transportation: MUNI - Market Street lines. BART - Civic Center Station

Funding: Grants, city, county

San Francisco Department of Public Health
Community Mental Health Services
Central City Senior Unit
1182 Market Street (Hyde)
San Francisco CA 94102

Phone(s):
415-558-4671

Days & Hours
Monday-Friday 8 30-5

Person in Charge:
Linda Li Brize, Director

Services:
Provides crisis outreach services, psychiatric evaluation individual family and group therapy, home visits, medications, case management, referral to community programs and day treatment for seniors age 60 or over Also offers community education and consultations Both brief and long-term therapy are provided

Fees: Vary according to income Medi-Cal Medicare private insurance accepted

Eligibility: San Francisco resident, age 60 or over

Area Served: San Francisco County, primarily South of Market, Tenderloin districts

Application: Apply by phone

Languages: Filipino (Tagalog), French, German Italian Spanish

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - Market Street Lines BART - Civic Center Station

Funding: City, county

San Francisco Department of Public Health
Community Mental Health Services
Chinatown North Beach Clinical Services
1548 Stockton Street (Green)
San Francisco CA 94133

Phone(s):
415-398-0981 (Chinese)
415-398-2266 (English)

Days & Hours
Monday-Friday, 8:30-5

Person in Charge:
Wilma Louie, Director

Services:
Provides psychiatric evaluation, crisis intervention, individual therapy, family intervention, medications, group activities and therapy, outreach, consultation, education and information activities, and acupuncture treatment for psychiatric disorders.

Fees: Vary according to income. Medicare, Medi-Cal, private insurance accepted

Eligibility: Age 14 or over with a psychiatric problem

Area Served: San Francisco County, primarily Chinatown, North Beach areas

Application: Walk in or apply by phone

Languages: Cambodian, Chinese (Cantonese, Mandarin), Italian, Thai, Vietnamese

Accessibility: Not wheelchair accessible at this time (one step at front door)

Transportation: MUNI - 30 Stockton, 41 Union, 15 Third

Funding: City, county, state, federal

San Francisco Department of Public Health
Community Mental Health Services
Geriatric Services
1351 42nd Avenue (Judah)
San Francisco CA 94122

Phone(s):
415-753-6073

Days & Hours
Monday-Friday 9-5

Person in Charge:
Kenneth Passamaneck, MD, Director

Services:
The Geriatric Home Visiting and Evaluation Team provides crisis intervention home visits, geriatric assessment and evaluation for involuntary or voluntary hospitalization or initiation of conservatorship. The Geriatric Day Treatment Program provides individual, family and group therapy, medication, socialization, recreational activities, crisis intervention, and case management for seniors with a psychiatric illness.

Fees: Vary according to income. Medi-Cal, Medicare, private insurance accepted

Eligibility: Age 60 or over, with a psychiatric diagnosis

Area Served: San Francisco County, primarily Park, Merced, Ingleside, Parkside, Sunset, Richmond districts

Application: Apply by phone. Appointment necessary

Languages: Chinese (Cantonese, Mandarin)

Accessibility: Day treatment center is not wheelchair accessible at this time. In-home services available

Transportation: Not necessary for service. Home evaluation offered

Funding: City, county, federal, state

San Francisco Department of Public Health
Community Mental Health Services
Mission Crisis Center
111 Potrero (15th Street)
San Francisco CA 94103

Phone(s):
415-558-2071

Days & Hours
Monday-Friday, 8:30 am-9 pm
Saturday, 10 am-8 pm

Person in Charge:
Thomas Gallagher Director

Services:
Provides assistance during crisis and emergencies of a psychological nature. Services include crisis intervention, short-term psychotherapy, medication if appropriate information and referral and home visiting when needed. Also offers crisis intervention to individuals with AIDS, their families and significant others. Staff are sensitive to the needs of Spanish speaking persons.

Fees: Vary according to income. Medi-Cal, private insurance accepted

Eligibility: San Francisco resident, age 18-60, not under the influence of drugs or alcohol

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Russian, Spanish

Accessibility: One small step

Transportation: MUNI - 9 San Bruno, 22 Fillmore, 33 Stanyan

Funding: City, county, state, fees

San Francisco Department of Public Health
Community Mental Health Services
South of Market Outpatient Clinic
471 Jessie Street (5th Street)
San Francisco CA 94103

Phone(s):
415-777-3311

Days & Hours
Monday-Friday 8:30-5
Monday-Friday 10-11:30
1:30-2:30 (Drop in)

Person in Charge:
Mabel Jung, Director

Services:
Provides psychiatric evaluation for treatment, individual psychotherapy, family therapy, group therapy, evaluation for and supervision of psychiatric medications, socialization, case management, and outreach assessments for acute and chronic mentally ill with a dual diagnosis of mental illness and alcoholism, Filipinos, Spanish-speaking refugees, persons with AIDS ARC or the homeless mentally ill. Consultation, education and information services are available to the community.

Fees: Vary according to income. Medi-Cal, private insurance accepted

Eligibility: Age 18-59

Area Served: San Francisco County, primarily South of Market

Application: Walk in or apply by phone. Appointment necessary

Languages: Chinese (Cantonese), Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible with assistance. Phone first

Transportation: MUNI - Market Street, Mission Street Lines

Funding: City, county, state, federal

San Francisco Department of Public Health
Community Mental Health Services
Southeast - Mission Geriatric Services
3905 Mission Street (Silver)
San Francisco CA 94112

Phone(s):
415-337-4722

Days & Hours
Monday-Friday 8:30-5 (Outpatient)
Monday, Tuesday Wednesday, Thursday, 9:30-1.30 (Day Treatment)

Person in Charge:
Mary Emma Dean, Director

Services:
Provides emergency home visits to seniors, age 60 or over, for psychiatric assessment, crisis intervention, information and referral, evaluation for possible hospitalization and or half-way house admission or initiation of conservatorship. Outpatient Services provide assessment, individual therapy, home visits, outreach, information and referral, medication if appropriate, and consultation to family and agencies. The Day Treatment Services provide individual therapy, family and group therapy, resocialization activities, psychodrama, art therapy and transportation services for clients attending program.

Fees: Vary according to income. Medi-Cal, Medicare, private insurance accepted

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily Mission, southeast districts

Application: Walk in or apply by phone

Languages: Filipino (Tagalog), German, Japanese, Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 14 Mission, 67 Bernal Heights, 49 Van Ness, 23 Montgomery

Funding: City, county

San Francisco Department of Public Health
Community Mental Health Services
Sunset Parkside Outpatient Clinic
1351 - 24th Avenue (Irving)
San Francisco CA 94122

Phone(s):
415-661-4400

Days & Hours
Monday-Friday, 8:30-5
Evenings by appointment

Person in Charge:
Ruth Mansfield, PhD, Director

Services:
Provides comprehensive outpatient mental health services for all ages. Services include individual, family, couple and group psychotherapy. Also provides medication if needed.

Fees: Vary according to income. Medi-Cal, private insurance accepted

Eligibility: San Francisco resident

Area Served: San Francisco County, primarily Sunset Parkside District

Application: Apply by phone. Appointment necessary

Languages: Chinese (Cantonese, Mandarin), Russian, Toisanese

Accessibility: Wheelchair accessible

Transportation: MUNI - N Judah, 28 19th Avenue, 71 Noriega

Funding: State, city, county

San Francisco Department of Public Health
Community Substance Abuse Services
Administrative Offices
1380 Howard Street, 4th Floor (10th Street)
San Francisco CA 94103

Phone(s):
415-255-3500

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Wayne Clark,, PhD. Director

Services:
Administers local, state and federal funds for alcohol and drug abuse prevention, intervention and treatment programs. Monitors programs for compliance. Provides alcohol and drug abuse treatment through various funded public and private community based programs. Publishes 'Overview,' a directory of alcohol and drug abuse services in San Francisco, annually. Research information and a film library are available for agency use.

Fees: $3 for directory

Eligibility: San Francisco resident

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), German, Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - Mission Street lines

Funding: City, county, state, federal

San Francisco Department of Public Health
District Health Center No. 1
3850 - 17th Street (Noe)
San Francisco CA 94114

Phone(s):
415-554-9750 (Information)
415-554-9763 (Health Education)
415-554-9755 (Health Inspections)
415-554-9770 (Nursing)
415-554-9765 (Administration)
415-621-4858 (HIV Testing)
415-621-5106 (TTY)

Days & Hours
Monday-Friday 8-5
Monday-Friday 8-12 1-4 30 (Clinic)
Monday, 8 30-4 30, Tuesday-Thursday, 1 30-8 30 pm, Friday, 12-4, Saturday 8 30-4

Person in Charge:
Judith Hager, Center Director
Harlean Donaldson., MD, Medical Director

Services:
Provides primary and preventive health care for individuals of all ages including HIV positive patients. Clinic services include Children's Clinics, Child Health Disability Prevention (CHDP), a teen clinic, and a family planning clinic Associated Services include an HIV Anonymous Testing Program under the direction of the AIDS Health Project and support counseling groups for 'worried well' and PWAs Public Health nurses make home visits provide geriatric case management and provide health education in schools and at community sites. Also offers screening for colo-rectal cancer, tuberculosis and hypertension. Other services include immunizations, flu shots, smoking cessation. Environmental health inspectors investigate complaints of unhealthy and unsanitary conditions such as improperly handled food, garbage, unsafe housing, toxic spills, and rodent control

Fees: Vary according to income Medi-Cal, Medicare, private insurance accepted

Eligibility: San Francisco resident

Area Served: San Francisco County, primarily Castro, Diamond Heights, Mt Davidson, Noe Valley, Mission Districts

Application: Apply by phone. Appointment necessary for clinics

Languages: Spanish
Chinese, Filipino (Tagalog) (By arrangement)

Accessibility: Main entrance wheelchair accessible

Transportation: MUNI - 8 Market, 22 Fillmore, 24 Divisadero, 33 Ashbury 37 Corbet, J, K, L, M Streetcars

Funding: City, county, state, federa

San Francisco Department of Public Health
District Health Center No. 2
1301 Pierce Street (Ellis)
San Francisco CA 94115

Phone(s):
415-292-2120 (Information)
415-292-2133 (Health Education)
415-292-2124 (Nursing)
415-922-6717 (WIC)
415-929-7384 (TTY)
415-292-2145 (Health Inspections)
415-563-8200 (Methadone)
415-621-4858 (HIV Testing)

Days & Hours
Monday-Friday 8-5

Person in Charge
Lawrence Cruz MSW, District Health Administrator
Melissa Welch Medical Director

Services:
Provides primary care for all ages. Clinic services include a children's clinic, Child Health Disability Prevention (CHDP), clinic, an adult clinic and a women's clinic which provides family planning and birth control. Also provides HIV screening, counseling, TB testing, hypertension screening, immunizations and annual physicals. Offers health education, CPR classes, nutrition counseling, and Public Health Nursing including services for the hearing impaired. Participates in the Women, Infants and Children's (WIC) food program. Environmental Health Inspectors investigate complaints of unhealthy and unsanitary conditions such as improperly handled food, garbage, unsafe housing, toxic spills, and rodent control. Operates a methadone treatment program which offers detoxification, maintenance, counseling, referral, education and follow-up services.

Fees: $5 registration waived if necessary. Vary according to income for family planning from $0 to $31. Medi-Cal accepted. $1 for hypertension screening.

Eligibility: San Francisco resident

Area Served: San Francisco County

Application: Walk in or apply by phone. Appointment necessary for clinics.

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - 31 Balboa, 38 Geary, 22 Fillmore, 24 Divisadero

Funding: City, county, state, federal

San Francisco Department of Public Health
District Health Center No. 3

1525 Silver Avenue (San Bruno Avenue)
San Francisco, CA 94134

Phone(s):
415-468-3664 (Information)
415-468-1588 (Health Education)
415-468-2480 (Dental)
415-468-1800 (Nursing)
415-468-1210 (Health Inspections)

Days & Hours
Monday-Friday, 8-5
Some clinics open till 7:30 PM

Person in Charge:
Madeline Ritchie, Center Director
Ruth Shelton Pryor, MD, Medical Director

Services:
Provides comprehensive health screening examinations for all ages. Clinic services include well baby, children's clinic, Child Health Disability Prevention (CHDP), immunizations, school physicals, a teen clinic, a women's clinic with family planning services (no IUD's or abortions), pregnancy testing, prenatal care with delivery at San Francisco General. The Center also provides hypertension and tuberculosis screening and dental services for age 4 1 2-17. Public Health nurses make home visits. Health education component provides CPR classes and senior health education. Environmental Health Inspectors investigate complaints of unhealthy and unsanitary conditions such as improperly handled food, garbage, unsafe housing, toxic spills and rodent control.

Fees: $5 Registration fee waived if necessary. Vary according to income for family planning. Medi-Cal, private insurance accepted

Eligibility: San Francisco resident

Area Served: San Francisco county, primarily Bayview, Bernal Heights, Crocker Amazon, Excelsior, Hunters Point, Portrero, Silver Terrace, Visitacion Valley districts

Application: Walk in or apply by phone. Appointment necessary for clinics

Languages: Chinese (Cantonese), Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI 9 San Bruno, 9 Express, 44 O'Shaunessey

Funding: City, county, state, federal

San Francisco Department of Public Health
District Health Center No. 4
1490 Mason Street (Broadway Tunnel)
San Francisco CA 94133

Phone(s):
415-558-3158 (Information)
415-558-2545 (Family Planning)
415-558-5044 (Health Inspections)
415-982-0814 (WIC)
415-558-2011 (Nursing)

Days & Hours
Monday-Friday, 8-5
Monday, 12.30-5 30
Friday, 8-12
Monday-Friday, 8-5

Person in Charge:
Mary Wong, Center Director
Wally Lom Medical Director

Services:
Provides preventative health services including health education information and referral nutrition counseling and public health nursing Offers primary care services for all ages including a well baby clinic Child Health Disability Prevention (CHDP) exams, dental services for children age 4 1 2 13, immunizations, adult health screening including treatment of acute and chronic illnesses, blood pressure screening, complete family planning services and perinatal services with delivery at San Francisco General Participates in the Women, Infants and Children's (WIC) food program. Public health nurses provide in-home assessment and counseling for high risk conditions and case management for fragile elderly Environmental Health Inspectors investigate complaints of unhealthy and unsanitary conditions such as improperly handled food, garbage, unsafe housing, toxic spills and rodent control

Fees: Vary according to service. Medi-Cal, Medicare, private insurance accepted

Eligibility: San Francisco resident

Area Served: San Francisco County

Application: Walk in or apply by phone Appointment necessary for clinics

Languages: Cambodian, Chinese (Cantonese, Mandarin), Filipino (Tagalog), Laotian, Spanish, Vietnamese

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - 30 Stockton, Powell Cable Car

Funding: City, county, state, federal

San Francisco Department of Public Health
District Health Center No. 5

1351 - 24th Avenue (Irving)
San Francisco, CA 94122

Phone(s)
415-661-4400
415-564-0744 (Environmental Health)

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Liz Mar, Harris, District Health Center Administrator
Ruth Mansfield, Director, Mental Health Services
Lisa Johnson, MD, Medical Director

Services

Provides primary health care for acute and chronic medical problems of children, adults and geriatric patients. Clinic services include Child Health Disability Prevention (CHDP) exams, immunizations, dental services for children age 4-18, pregnancy testing and a family planning clinic. Also offers hypertension and tuberculosis screening. Participates in the WIC and supplemental food programs. Public health nurses make home visits and provide geriatric case management. Health Educators provide health education in schools and at community sites, consultation and general information on health programs, technical assistance in planning health programs, hearings and workshops. Environmental Health Inspectors investigate complaints of unhealthy and unsanitary conditions such as improperly handled food, garbage, unsafe housing, toxic spills and rodent control. LINKS is a peer support group for widows and widowers providing confidential sharing, mutual support and discussion which meets at the center.

Fees: Vary according to income. Medi-Cal accepted

Eligibility: San Francisco resident

Area Served: San Francisco County, primarily Sunset, Richmond, Sea Cliff, Parkside, Oceanview, Merced Heights, Ingleside districts

Application: Apply by phone. Appointment necessary for clinics

Languages: Chinese (Cantonese), Spanish

Accessibility: Wheelchair access to clinic

Transportation: MUNI - N Judah, 71 Noriega, 16X Noriega, 28 Nineteenth Avenue, 29 Sunset

Funding: City, county, state, federal

San Francisco Department of Public Health
Division of Mental Health, Substance Abuse and Forensic Services Administration
1380 Howard Street, 5th Floor
San Francisco CA 94103

Phone(s):
415-255-3400

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Florence Stroud., MN., MPH Acting Director

Services:
Provides the administration of a comprehensive mental health, substance abuse and forensic services system for San Francisco City and County Services include consultation information, education, advocacy, outpatient services, case management, day treatment, residential and hospitalization The eight administrative divisions are Adult Acute Mental Health Services, Adult Community Mental Health Services, Business and Operations Support Services, Child, Adolescent and Family Mental Health Services, Geriatric Mental Health Services, Forensic Services, Planning and Evaluation and Substance Abuse Services

Fees: Vary according to income and service Medi-Cal, Medicare, private insurance accepted

Eligibility: San Francisco resident

Area Served: San Francisco County

Application: Apply by phone for information regarding individual programs

Languages: Vary according to program

Accessibility: Varies according to program

Transportation: Not necessary for service

Funding: City, county, state, federal, fees

San Francisco Department of Public Health
Eldercare Program

1182 Market Street, Room 204
San Francisco CA 94102

Phone(s):
415-558-5104

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Cynthia Selmar, Director
Consuella Reed, Program Manager, Eldercare

Services:
Provides comprehensive case management services for seniors age 60 or over. Following an assessment of the clients individual needs, social workers and public health nurses serve as case managers to arrange for, monitor and coordinate all necessary services. The service plan is designed to maintain clients in their home or the community for as long as is possible.

Fees: None

Eligibility: San Francisco resident, age 60 or over, with no other case managers, at risk of losing independent functioning due to health or socio-economic crisis, cannot manage on their own or with their present support system

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese), Spanish

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - Market Street lines

Funding: City, county

San Francisco Department of Public Health
Public Conservator
1380 Howard Street, 2nd Floor
San Francisco CA 94103

Phone(s):
415-255-3680

Days & Hours
Monday-Friday 8:30-5

Person in Charge:
John Lee, Director

Services:
Provides conservatorship investigation and conservatorship services for San Francisco residents deemed gravely disabled

Fees: None

Eligibility: San Francisco resident, court referral

Area Served: San Francisco County

Application: Court referral necessary

Languages: Arabic, Chinese, Ethiopian, Filipino (Tagalog), French, Italian, Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 19 Polk, 42 Downtown Loop, 26 Valencia, 9 San Bruno, 14 Mission, 12 Folsom

Funding: County, state

San Francisco Department of Public Health
San Francisco General Hospital Medical Center

1001 Potrero Avenue
San Francisco CA 94110

Phone(s):
415-821-8100 (Administration)
415-821-8200 (General Information)
415-821-5166 (Patient Referral)
415-821-8111 (Emergency)
415-821-8558 (Eligibility)
415-821-8376 (Children Teen Clinic)
415-821-8465 (Dental Clinic)
415-821-5250 (Family Health Center)
415-648-6300 (Family Planning)

Days & Hours
Monday-Friday 8-5 (Clinic)
24 hours daily (Emergency)

Person in Charge:
Phyllis J Harding, Acting Executive Administrator

Services:
A county hospital providing inpatient hospitalization acute care, outpatient clinics, ambulatory care, 24-hour emergency service, dental services, abortions, family planning, and treatment for psychiatric emergencies. Specialized programs described separately.

Fees: Vary according to income and service. Medi-Cal, Medicare, private insurance accepted

Eligibility: San Francisco resident, medical need for continual care

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Cambodian, Laotian, Vietnamese (Monday-Friday, 8-4:30)
Chinese (Cantonese), Spanish (Daily, 8 am-12 midnight)
Others (By arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI 47 Van Ness, 9 San Bruno 33 Stanyan, 48 Quintara

Funding: City, county, federal

San Francisco Department of Public Health
SRX - Medication Education for Seniors
1182 Market Street, Room 204 (8th Street)
San Francisco CA 94102

Phone(s):
415-558-3767

Days & Hours
Monday-Friday 8 30-5

Person in Charge:
Janet Zola, Program Director

Services:
A preventative health education program focused on reducing and preventing medication misuse and abuse among the elderly Services include direct senior consumer education through mini-classes, phone consultations on medications, individual medication consultation sessions, educational theatre presentations, development and distribution of a wide array of patient education materials, and training of professional and paraprofessional service providers. Written materials available in Chinese, Spanish and Vietnamese

Fees: None

Eligibility: San Francisco resident age 55 or over private or nonprofit organization providers

Area Served: San Francisco County

Application. Walk in or apply by phone. Referral accepted from agency

Languages: None

Accessibility: Elevator

Transportation: MUNI - Market Street Lines. BART - Civic Center Station

Funding: City

San Francisco Department of Social Services
Adult Services Program

Mail P O Box 7988 170 Otis Street
San Francisco CA 94120

Phone(s).
415-557-5579 (Administration)
415-557-5050 (Intake)
415-557-5230 (Adult Protective)
415-557-5246 (SSI Special Circumstances)

Days & Hours
Monday-Friday. 8-5

Person in Charge:
Bob Cowan Assistant Director

Services:
Provides protective services for adults who are a danger to themselves or the community or who are in danger of being abused, exploited or neglected (without regard to income) Provides in-home support services to maintain aged blind or disabled low-income adults in their own home. In-home care providers provide a variety of tasks including cleaning, shopping and meal preparation Provides placement in board and care or skilled nursing facilities as necessary and day care services for developmentally disabled persons. A special circumstances fund may provide financial assistance in unusual circumstances such as home repairs, evictions, life threatening situations for persons who are on SSI.

Fees: None

Eligibility: Aged, blind or disabled adult. Low income, receiving SSI SSP, for some services

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Chinese
Filipino (Tagalog), Russian, Spanish (By arrangement)

Accessibility: Special parking ramp wheelchair accessible

Transportation: MUNI - Mission Street Lines

Funding: County, state, federal

San Francisco Department of Social Services (DSS)
Food Stamps Program

Mail P.O Box 7988, 1440 Harrison Street (11th Street)
San Francisco CA 94120

Phone(s):
415-558-1000 (Information)
415-558-1157 (Administration)
415-558-1202 (Home Visits)
415-558-1041 (AIDS Patients)

Days & Hours
Monday-Friday 8-5

Person in Charge:
Karen Goodson Pierce Assistant Director

Services:
Provides coupons which can be used to purchase food items for low income persons who meet financial guidelines A one-person household may receive a maximum of $105 of food stamps per month a two person household may receive up to $193 of food stamps per month and $277 for a three person household

Fees: None

Eligibility: San Francisco resident, citizen of the United States or a legal resident alien, and low-income as determined by a DSS formula The maximum monthly gross income for a household of 1 is $648, household of 2 is $869 household of 3 is $1,090, household of 4 is $1,311 Maximum resources limit is $2,000 per household or $3 000 if one or more person is age 60 or over Persons on SSI are not eligible for food stamps College students age 18-60 enrolled at least half time are not eligible unless physically or mentally unfit

Area Served: San Francisco County

Application: Walk in or apply by phone Home visits only for AIDS patients or homebound persons with no one who can be their authorized representative

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog) Russian Spanish Vietnamese

Accessibility: Wheelchair accessible

Transportation: MUNI - 42 Downtown Loop, 9 San Bruno 27 Bryant

Funding: State, federal (Department of Agriculture)

San Francisco Department of Social Services (DSS)
Medi-Cal

150 Otis Street (Duboce Street)
San Francisco CA 94120

Phone(s):
415-863-9892 (Information)
415-557-6071 (Replacement cards)
415-557-6072 (Abortions)

Days & Hours
Monday-Friday, 8-5 (Office)
Monday-Friday, 9-4 (Screening)
Monday-Friday, 8-5 (Screening)

Person in Charge:
Ronald M. Gallegos Program Director

Services:
A medical assistance program for eligible clients. Medi-Cal pays for health care services which are medically necessary. Covered services include physicians visits, hospitalization, some medications, dental and home health care, adult day health services, prosthetic and orthopedic devices, eyeglasses, hearing aids and some medical equipment. Some services and drugs require prior authorization

Fees: None

Eligibility: San Francisco residents who are aged, blind, disabled, pregnant, families with dependent children, or refugees, and meet income and property reserve guidelines. Minors age 12 or over may apply for themselves for certain services like sexual assault, family planning, pregnancy, venereal disease, drug or alcohol abuse and some mental health services if their parents refuse to apply for them, or if the minor wishes their treatment to remain confidential

Area Served: San Francisco County

Application: Walk in or apply by phone for screening

Languages: American Sign, Chinese (Cantonese, Mandarin), Filipino (Tagalog), French, Japanese, Korean, Russian, Spanish, Vietnamese

Accessibility: Wheelchair accessible elevator

Transportation: MUNI - Mission Street Lines

Funding: State, federal

San Francisco District Attorney's Department
Consumer Fraud and Environmental Protection Unit
732 Brannan Street (6th Street)
San Francisco CA 94103

Phone(s).
415-553-1814

Days & Hours
Monday-Friday, 10-12, 1-3
Answering service after 5 pm

Person in Charge.
Laurel Pallock, Director Mediation Services

Services
Accepts investigates, and mediates consumer complaints against San Francisco businesses Provides complaint mediation, legal referral, civil litigation, and criminal prosecution for consumers Accepts consumer complaints about auto repair new and used warranties home repair contracting, false advertising, etc Provides speakers on preventative consumerism. Provides litigation for hazardous waste cases

Fees: None

Eligibility: Complaint must be against a San Francisco business or must be a transaction that has occurred in San Francisco

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Spanish
Chinese (Cantonese, Mandarin, Filipino (Tagalog) (By arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - 25 San Bruno, 42 Downtown Loop 30 Express 27 Brannan

Funding: City, county

San Francisco Food Bank

[illegible] Street (16th Street
San Francisco CA 94107

Phone(s):
415-957-1076

Days & Hours
Monday-Friday, 8.30-5 30

Person in Charge:
Pat Ash Director
Kamala Lewis, Agency Coordinator

Services:
Distributes surplus food to nonprofit agencies. Surplus food is provided by farmers food brokers, retailers and commodity dealers. Food goes to nonprofit agencies that serve low-income individuals and families. Also sponsors the Brown Bag program which provides commodity food to seniors on a regular basis. Seniors should apply at participating senior centers or phone for further information. Operates the San Francisco Emergency Food Box Program (described separately).

Fees: Agencies contribute a shared maintenance fee of 14 cents per pound

Eligibility: Member agency must be nonprofit with on-site feeding programs or emergency food pantry

Area Served: San Francisco County

Application: Apply by phone

Languages: French, German, Portuguese, Spanish

Accessibility: Wheelchair accessible

Transportation: Not necessary to receive service

Funding: Donations, state (Department of Aging), federal, grants

San Francisco Hearing and Speech Center

1234 Divisadero (Eddy)
San Francisco CA 94115

Phone(s):
415-921-7658
415-921-8990 (TDD)
415-921-8990 (FAX)

Days & Hours
Monday-Friday 9-5

Person In Charge:
Rayford C. Reddell, PhD, Executive Director
Robert Sweetow, PhD, Director Clinical Services
Kay Hammel, Business Manager

Services:
Provides diagnostic and rehabilitative services for children and adults with hearing and speech or language disorders. Offers hearing aid consultation and dispensing, speech and language therapy, a speech pathology clinic, a preschool program for hearing handicapped children under age 3, a school for children with aphasia, total communication and oral education classes for deaf children. Also offers evaluation, consultation and a support group for persons with tinnitus.

Fees: Vary according to service. No one is refused service because of inability to pay. Medi-Cal, Medicare, private insurance accepted

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Napa County, Solano County, Sonoma County

Application: Apply by phone or mail

Languages: American Sign, Chinese (Mandarin), French, Russian, Spanish, Taiwanese

Accessibility: Wheelchair accessible, restroom, ramp

Transportation: MUNI - 24 Divisadero, 31 Balboa

Funding: United Way, fees, donations

San Francisco Medical Society

250 Masonic Avenue (Turk)
San Francisco CA 94118

Phone(s):
415-567-6234 (Referral Line)
415-567-6230 (Administration)

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Susan B. Waters, Director

Services:
A professional association of physicians providing referrals to member physicians based on location, medical specialty, foreign language fluency, acceptance of public funding, availability for house calls and special interests including AIDS. Provides information regarding medical school attended and board certification of the member physicians. Dispute Resolution Service reviews written complaints about physicians and attempts to mediate between the patient and physician. Volunteer physicians will investigate the complaint and a committee reviews the facts. Advice will be sent to the patient when the review is complete. The review process takes three to four months.

Fees: None for referrals

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese, Spanish (By arrangement)

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Donations

San Francisco Neighborhood Legal Assistance Foundation

49 Powell, Second Floor (Market)
San Francisco CA 94102

Phone(s):
415-627-0200
415-982-4243 (FAX)

Days & Hours
Monday-Friday 9-5

Person in Charge:
Ramon Arias, Executive Director

Services

Provides legal help for low-income San Francisco residents. The Welfare Advocacy Unit assists with Social Security, SSI, General Assistance, Medi-Cal, Medicare, AFDC, Food Stamps and unemployment insurance problems. The Domestic Relations unit helps with temporary restraining orders, annulments, divorce, and child custody in cases involving domestic violence. The Housing Unit helps with eviction defense and landlord tenant relations. If the eviction is because of non-payment of rent, client must be prepared to pay rent due. No fee-generating or criminal cases accepted. Will provide referrals to private attorneys who accept cases on a contingency basis.

Fees: Filing and other court fees only

Eligibility: Low-income San Francisco resident

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), Spanish, Vietnamese

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines, BART - Powell Street Station

Funding: Federal (Legal Services Corporation), state

San Francisco Public Library
Library for the Blind and Print Handicapped
1528 Fillmore (Geary)
San Francisco CA 94115

Phone(s):
415-292-2022

Days & Hours
Tuesday. 10-6
Wednesoay-Saturday. 1-6

Person in Charge:
Martha Heverly, Director

Services:
A public library with special services for visually impaired persons. Services include talking books, audiocassette news magazines. video magnifier. brailling machine and other special materials and programs for the blind and visually impaired. Books and equipment can be mailed to and from the library free of charge to qualified persons. Persons with AIDS, multiple sclerosis and physically disabling conditions are also eligible for service.

Fees: None

Eligibility: San Francisco County resident

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Japanese, Spanish

Accessibility. Ramp wheelchair accessible restroom

Transportation: MUNI - 38 Geary, 22 Fillmore

Funding: City, county

San Francisco Public Library
Library on Wheels - Bookmobile
Civic Center Library (Larkin and McAllister)
San Francisco CA 94102

Phone(s):
415-557-4345

Days & Hours
Monday-Thursday 9:30-4:30

Person in Charge.
Kitt Costello, Technician in Charge

Services:
A traveling branch library that carries the library to older adult communities, senior housing projects, hotels, residential care homes, and senior centers. Offers free delivery of library materials, books (including large print books and magazines (English, Chinese and Spanish), films and community resource information. No library card is needed.

Fees: None

Eligibility: San Francisco resident, age 60 or over

Area Served. San Francisco County, primarily South of Market, Tenderloin, Western Addition, Hunter's Point, Mission districts

Application: Apply by phone for application

Languages: None

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: City, county

San Francisco Recreation and Park Department

McLaren Lodge, Golden Gate Park
San Francisco CA 94117

Phone(s):
415-666-7200 (General Information)
415-666-7015 (Senior Activities)
415-666-7107 (Public Relations)

Days & Hours
Monday-Friday 8-5 (Office)

Person In Charge:
Mary E. Burns, General Manager

Services:
Offers a variety of recreation programs including open space, recreation centers, tennis courts, swimming pools, golf courses amateur photography, drama and dance, music, parks in neighborhoods junior museum, arts and crafts, senior citizen activities, tiny tots programs summer day camp programs, Special Olympics. Two multipurpose senior centers offer a variety of services for seniors: Golden Gate Park Senior Center, 6101 Fulton at 37th Avenue and Rosa Parks Senior Center, 1111 Buchanan at Turk. Phone for a directory of programs and services.

Fees: Vary according to service, some activities are free

Eligibility: None for most services. San Francisco resident for some

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Vary according to site

Accessibility: Varies

Transportation: Call MUNI information for particular location (673-MUNI)

Funding: City, county, donations, grants

San Francisco Recreation and Park Department
Eureka Valley Recreation Center
100 Collingwood Street (19th Street)
San Francisco CA 94114

Phone(s):
415-554-9528

Days & Hours
Monday 1-10
Tuesday Friday 9-10 pm
Saturday 9-6
Sunday 12-5

Person in Charge:
Nancy Dito, Recreation Director

Services:
A recreation center located in Eureka Valley. A senior social club for persons age 55 or over meets once a week on Wednesdays from 10-3

Fees: Small fee for some activities

Eligibility: No requirements

Area Served: San Francisco County primarily Eureka Valley District

Application: Walk in

Languages: None

Accessibility: Wheelchair accessible ramp restroom

Transportation: MUNI - K. L. M. 24 Divisadero 35 Eureka 33 Ashbury 8 Market

Funding: City, county

San Francisco SAFE, Inc.
850 Bryant Street, Room 565 (7th Street)
San Francisco CA 94103

Phone(s):
415-553-1984

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Suzanne London, Executive Director

Services:
Works for the reduction of opportunities for the commission of crime. Holds neighborhood forums to help the flow of communication between law enforcement agencies and neighborhood residents and groups. Encourages neighborhood responsibility and public awareness in all phases of crime prevention strategies through Operation Identification, neighborhood watch, security inspections, and teaching common sense precautions. Personal safety presentations are made to community groups, businesses and the general public upon request. Offers residential and commercial physical security surveys. Special presentations are available for older adults or children

Fees: None

Eligibility: San Francisco resident

Area Served: San Francisco County

Application: Apply by phone

Languages: Spanish

Accessibility: Wheelchair entrance on Harrison elevator

Transportation: MUNI - 27 Bryant

Funding: City, county, donations

San Francisco School Volunteers
340 Pine Street, 3rd Floor (Montgomery)
San Francisco CA 94104

Phone(s):
415-274-0257
415-274-0264

Days & Hours
Monday Friday 8 5

Person In Charge
Sandra Treacy, Director

Services:
Recruits, trains, and places volunteers to assist in the San Francisco public school system. The CORE PROJECT recruits and trains parents and community volunteers to work in the classroom and provide technical assistance to schools on volunteer development. The Adopt A-School program encourages the private sector to work together with a school to develop programs and activities which are mutually beneficial. The SCHOOL BUSINESS PROGRAM encourages companies to release employees on company time to tutor and to work in the schools. The THINK WRITE program teams professional writers with school teachers to improve thinking and writing processes and to improve student performance. The READING AND LITERACY program is a multicultural literature program designed for limited-English speaking children. The SEER PROJECT (Seniors Enriching Educational Roles) recruits senior volunteers to work in grades K-12. The PATHWAYS TO ENGLISH volunteers teach students English-as-a-Second Language. The KIDS ON THE BLOCK project recruits volunteers to teach disability awareness in the schools. The TEAMS PROJECT volunteers have a special opportunity to learn more about cooperative learning while completing required field-work hours.

Fees: None

Eligibility: Individual interested in public education, no felony record, San Francisco public school

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese, French, Spanish, Vietnamese

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines, BART - Montgomery Street Station

Funding: Donations, grants

San Francisco Senior Center
Aquatic Park Branch
890 Beach Street (Polk)
San Francisco CA 94109

Phone(s):
415-775-1866
415-771-2666 (TDD)

Days & Hours
Monday-Friday, 9-4
Sunday, 11-3

Person in Charge:
Betty McQuiston, Branch Director
David Newcomer Executive Director

Services:
A multipurpose center for seniors age 60 or over. Social service staff provide individual and group counseling, and information and referral. Visiting professionals assist with social security, income tax, health screening and nutrition education. Activities include lectures, discussions, exercise, Tai Chi, travel, international trips special events, bridge, chess, mahjong, creative writing, French, Italian, Spanish, play reading theatre, social dancing, jazz and swing dancing, square dancing, photography, ceramics, weaving, dressmaking, knitting, painting, and a woodshop. Center also has an active program for older deaf adults. A hot lunch is served Monday-Friday and Sunday. Lunch tickets become available at 9:30 am and are provided on a first come first served basis Publishes a monthly newsletter.

Fees: Voluntary annual membership $15, suggested lunch donation $1.25

Eligibility: Age 60 or over

Area Served: San Francisco County

Application: Walk in

Languages: Chinese (Cantonese) (Monday-Friday, 9-4)

Accessibility: Wheelchair accessible elevator restroom interpreter for the deaf available on Thursdays

Transportation: MUNI - 19 Polk, 47 Van Ness, 49 Van Ness-Mission, 30 Stockton Van service available by arrangement for those who cannot use public transit

Funding: Federal city, donations, memberships, United Way

San Francisco Senior Center
Downtown Branch
481 O'Farrell (Jones)
San Francisco CA 94102

Phone(s):
415-771-7950

Days & Hours
Monday-Thursday 9-4
Friday, 9-3 30
Saturday Sunday 10-2

Person In Charge:
Mary Alice Stevenson, Branch Director

Services:
The downtown branch of the San Francisco Senior Center serves elderly residents of apartments and hotels in the Tenderloin District Serves daily noon meals and offers a variety of classes speakers health screenings social services, trips and holiday celebrations

Fees: Voluntary annual membership $15 suggested lunch donation $1 25

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily the Tenderloin District

Application: Walk in

Languages: Chinese (Cantonese, Mandarin) Filipino (Tagalog) French Italian Russian Spanish (By arrangement)

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - 38 Geary 27 Bryant

Funding: City, county memberships, donations, United Way

San Francisco Sheriff's Department
Eviction Assistance Program
70 10th Street (Market)
San Francisco CA 94103

Phone(s):
415-554-7635 (EOC Office)
415-863-7120 (Centro Latino Office)

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Sergeant Frank Hutchins, Director
Bennie DeGreer, Director, Centro Latino

Services:
Assists low-income people who are in the process of being evicted. Works with both the landlord and the tenant. Provides crisis intervention, offers referrals to legal and social services, and assists those being evicted to locate emergency shelter.

Fees: None

Eligibility: Disabled adult, mentally ill person, senior and low-income family facing eviction

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Spanish

Accessibility: Ramp

Transportation: MUNI - Mission, Market Street lines. BART - Civic Center Station

Funding: City, county, Salvation Army

San Francisco Society for the Prevention of Cruelty to Animals (SPCA)
2500 - 16th Street (Bryant)
San Francisco CA 94103

Phone(s):
415-554-3000 (Adoptions)
415-554-3030 (Animal Hospital)

Days & Hours
Tuesday-Thursday 11-6 pm
Friday-Saturday 11-5
Sunday Monday, 11-4
Monday Friday 8-6
Saturday 8.30-5

Person in Charge:
Richard Avanzino, President

Services:
Offers animal adoptions and low-cost spay and neutering clinics. The Animal Assisted Therapy Program provides animals to visit physically or emotionally disabled residents in community facilities and homes. The Pets and Older People Program places older pets free of charge with frail seniors to provide companionship. Educational programs available to schools. A Grooming College trains people to groom animals. Also operates Hearing Dog Program (described separately).

Fees: Vary according to service. Senior citizen discounts available. Some services free to seniors on a fixed income. Phone for more specific information

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Walk in

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), French, German, Italian, Sign, Spanish (By arrangement)

Accessibility: Ramp, wheelchair accessible restroom

Transportation: MUNI - 22 Fillmore, 27 Bryant, 9 San Bruno, BART - 16th Street Station

Funding: Donations, fees

San Francisco Society for the Prevention of Cruelty to Animals (SPCA) Hearing Dog Program

2500 - 16th Street (Bryant)
San Francisco CA 94103

Phone(s):
415-554-3020 (Voice)
415-554-3022 (TDD)

Days & Hours
Monday-Friday, 8-12, 1-5

Person in Charge:
Ralph Dennard, Program Director

Services:
Trains dogs in sound awareness to assist deaf persons in responding to household sounds such as doorbells and telephone ringing, alarm clocks, smoke alarms, etc All dogs are selected from the animal shelter and undergo tests for health, intelligence and the proper temperament to work with deaf persons. Dogs undergo a four month training program which includes working with the deaf recipient and the trainers who communicate in sign language. Applicants must be age 18 or over, although younger persons may be accepted under special circumstances, and must have been diagnosed as having a serious hearing loss. Applicants must submit a copy of their audiogram.

Fees: None for dogs. $20 Application fee and $100 registration fee for classes

Eligibility: Age 18 or over with documented serious hearing loss. Resident of California

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, statewide

Application: Walk in or apply by phone or mail. Client must fill out an application

Languages: Sign (By arrangement)

Accessibility: Interpreter for the deaf available full time wheelchair accessible to first floor only

Transportation: MUNI - 22 Fillmore, 27 Bryant, 9 San Bruno. BART - 16th Street Station

Funding: SPCA, donations, grants

San Francisco State University
Urban Elders Program
22 Tapia Drive (Font)
San Francisco CA 94132

Phone(s):
415-338-2127 (Urban Elders)

Days & Hours
Monday-Friday 8 30-4 30
(Office)
Classes held day and evening

Person in Charge
Celia Sacks, Director

Services:
The Urban Elders Program is an umbrella structure for a number of academic and direct service programs for older adults. Persons age 60 or over may take any course offered at the university on a space available basis have full use of the library and most campus facilities

Fees: Eldercollege $30 per semester 60 Plus program $50 per year fees for other programs vary

Eligibility: Age 60 or over

Area Served: Alameda County, Contra Costa County Marin County San Francisco County, San Mateo County

Application: Walk in or apply by phone

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - 17 Parkmerced 26 Valencia, 28 19th Avenue 29 Sunset, 48 Quintara 24th Street, M Oceanview

Funding: Fees, donations, state

San Francisco Suicide Prevention, Inc.

Mail 3940 Geary Blvd.
San Francisco CA 94118

Phone(s):	Days & Hours
415-221-1423 (Crisis)	24 hours daily
415-387-5100 (I&R)	
415-752-3400 (Drug Line)	
415-668-AIDS (AIDS Nightline)	Monday-Friday, 9 pm-1 am, Saturday and Sunday 5 pm-5 am
415-752-2000 (Youth Line)	Monday-Thursday, 5-11 pm Friday, Saturday, 7 pm-2 am
415-221-9174 (TTY)	Monday-Friday, 9-5
415-752-4866 (Administration)	Monday-Friday, 9-5

Person in Charge:

Eve Meyer, Executive Director
Beryl Bunker, Director Crisis Line
Margeaux Brochtrup, Director Youth Line
David Paisley, Director AIDS HIV Nightline

Services:

Specially trained volunteer counselors provide crisis telephone counseling, information and referral. Crisis counselors explore a client's problem and give referrals to appropriate resources including community mental health centers, private clinics and practitioners, substance abuse programs, and emergency services. All calls are strictly confidential and counselors are sensitive to the needs of adolescents, elderly, minority groups and persons with AIDS ARC. The Youth Line offers peer to peer phone counseling for youth age 13-24, Monday-Saturday evenings. Speakers are available to community groups, churches, social clubs or others who are interested in learning more about the facts, myths and warning signs of suicide and depression. Provides in-service trainings for college credit.

Fees: None. Collect calls are not accepted

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese, Mandarin), Farsi, French, German, Spanish

Accessibility: Not necessary for service. TTY for daytime mental health I&R

Transportation: Not necessary for service

Funding: United Way, city, county, donations

San Francisco Tenants Union

558 Capp Street (21st Street)
San Francisco CA 94110

Phone(s):
415-282-6622

Days & Hours
Monday-Saturday, hours vary

Person In Charge:
Collective

Services:
Provides telephone or drop-in counseling to San Francisco tenants about their rights. Members receive phone counseling about eviction notices, lockouts, harassment, rent increases, repairs, security deposits and discrimination Publishes a handbook on tenants' rights and a newsletter. Organizes and gives assistance to buildings that wish to form a tenants' union Organizes around legislation affecting tenants

Fees: $5 minimum donation requested or an annual membership fee which varies according to income from $30-$60

Eligibility: San Francisco tenant

Area Served: San Francisco County

Application: Apply by phone or walk in

Languages: Spanish (By arrangement)

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - Mission Street Lines BART - 24th Street Station

Funding: Fees, donations

Self-Help for the Elderly

445 Grant Avenue (Bush)
San Francisco CA 94108

Phone(s):

415-982-9171 (Grant Avenue)	Monday-Friday, 8:30-5
415-751-3394 (Richmond Center)	Monday-Saturday, 9-1
415-982-9171 (Manilatown Center)	Monday-Sunday, 9-1
415-391-3843 (On Low Wui)	Monday-Sunday, 9-5:30
415-221-7319 (Amber Glow)	Homecare on call 24 hours daily
415-750-1159 (Leonard House)	
415-221-1713 (Alzheimer's Day Care Resource Center)	Wednesday, Saturday, Sunday, 11-3

Days & Hours

Person in Charge:
Anni Chung, Executive Director

Services:
A multiservice agency which provides a broad range of bilingual bicultural social, recreational and educational services to seniors and disabled persons. Services include social work services, case management, coordination of needed services, inter-ethnic, congregate and home delivered meals, skilled nursing, in-home support and translation. Also operates an Alzheimer's Day Care Resource Center on Wednesday, Saturday and Sunday from 11-3. Offers employment training and placement of home health aids and housekeepers. Housing services mediate landlord/tenant disputes, help seniors locate appropriate housing and conduct safety checks of the home. Provides social activities and noon meal at two outreach offices. The Richmond Center is located at 741 - 30th Avenue, the Manilatown Senior Center is located at 940 Powell Street, the Chinatown Neighborhood Center is located at 777 Stockton and the Amber Glow Board and Care Home is located on 829 44th Avenue. The Leonard House Board and Care home is located at 1771 Waller Street.

Fees: Vary according to income and service None for most services, small donation for meals. Medi-Cal, Medicare, private insurance accepted for homecare services

Eligibility: San Francisco resident Meal program - age 60 or over. Employment and housing services - age 55 or over

Area Served: San Francisco County

Application: Apply by phone, walk in or referral

Languages: Chinese (Cantonese, Mandarin, Taishen), Filipino (Tagalog), French, Shanghai, Vietnamese

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - 30 Stockton, 1 California, 15 Kearney, California Cable Car

Funding: City, state, federal, United Way, donations, grants.

Self-Help for the Elderly
San Francisco Residential Care Facility for the Elderly
Referral Service
445 Grant Avenue, Second Floor
San Francisco CA 94108

Phone(s):
415-399-1750

Days & Hours
Monday-Friday, 8:30-5

Person in Charge:
Lily Chiu, Project Coordinator

Services:
Provides information about and referral to residential care facilities for the elderly in San Francisco which meet quality of care standards. Maintains an updated computerized data base with detailed information on all eligible residential care facilities in San Francisco. Matches prospective residents seeking referral with those homes. Provides consumers with a list of three to five homes which closely match their needs. Sends referral packages with relevant information about residential care facilities.

Fees: Vary according to income

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone or mail

Languages: Chinese (Cantonese, Mandarin)

Accessibility: Wheelchair accessible

Transportation: MUNI - 30 Stockton, 1 California, BART - Montgomery Street station

Funding: Grants, fees

Senior Escort Program

1101 Capp Street (26th Street)
San Francisco CA 94110

Phone(s):
415-695-5175 (Intake)
415-597-7950 (Patrol Division)

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Rochelle Frazier, Executive Director
Lucy Lui, Operations Director

Services:
Provides protective escort and transportation services to pre-arranged groups of seniors age 60 or over in high crime districts. Also offers crime prevention education and group talks, crime prevention literature, home security surveys and valubles engraving city-wide.

Fees: None

Eligibility: San Francisco resident, age 60 or over

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), Italian, Japanese, Sign, Spanish

Accessibility: Facility is not wheelchair accessible

Transportation: MUNI - 14 Mission, BART - 24th Street station

Funding: City (Police Department)

Senior Net
399 Arguello Blvd (Clement)
San Francisco CA 94118

Phone(s):
415-750-5030

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Mary Furlong, President

Services:
Provides computer instruction and access to an on-line telecommunications network at five sites to create a community of computer using older adults. Publishes a quarterly newsletter, Senior Net Newsline and provides discounts on computer software programs, books, magazines and other computer related products. Also publishes a variety of instructional materials.

Fees: $25.00 annual membership

Eligibility: Age 55 or over

Area Served: San Francisco County

Application: Walk in or apply by mail

Languages: None

Accessibility: Wheelchair accessible at all sites

Transportation: Varies according to location

Funding: Grants, membership fees, site fees

Senior Power
California Association for Older Americans
805 Howard Street
San Francisco CA 94103

Phone(s):
415-541-9629

Days & Hours
Monday-Friday, 9-3

Person in Charge:
Rev. Edward L. Peet, Director

Services:
Advocates for and educates seniors as to their rights. Provides information and referral. Will assist seniors who wish to apply for SSI. The Thursday Club meets every Thursday at noon. Offers recreational activities and field trips. Affiliated with the California Legislative Council for Older Americans and the National Council of Senior Citizens. Publishes the Senior Power Newsletter.

Fees: None for services. $5 per year for newsletter

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - 30 Stockton, 45 Howard

Funding: Grants, donations

Senior Resources, Inc.

1750 - 29th Avenue (Noriega)
San Francisco CA 94122

Phone(s):
415-753-2405

Days & Hours
Monday-Friday, 9-5
24-hour answering machine

Person in Charge:
Ann Havill, Executive Director

Services:
Operates a volunteer in-home support program that recruits, trains, and supervises volunteers to visit homebound or socially isolated elders. Visitation is provided on a regular basis. Information and referral, counseling, support, follow-up, and advocacy are also provided. Senior Resources, Inc. is a non-sectarian social service agency affiliated with the Episcopal Diocese. Volunteers are recruited and elders visited without regard to religious belief.

Fees: None

Eligibility: Age 60 or over

Area Served: San Francisco County, Daly City, South San Francisco, San Bruno, Colma

Application: Apply by phone. Appointment necessary. Same day appointments are not possible

Languages: None

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 71 Noriega

Funding: Grants, donations, bequests

Services for Seniors, Inc.
1500 Laguna Street (Geary)
San Francisco CA 94115

Phone(s):
415-922-5438

Days & Hours
Monday-Friday 9-5

Person in Charge:
Barbara Solomon,. MSW. Executive Director

Services:
Provides senior residences and centers with hot meals and cold lunches Offers a catering service and pilot vending machine project in selected hotels both of which are operated by seniors. Provides outreach and education about community resources to low-income senior residences Sponsors the Friendship Center, a neighborhood drop-in center operated by Seniors in the Tenderloin (described separately).

Fees: Small fee for Friendship Center snacks Vary according to income for meal service contracts

Eligibility: Low-income senior or disabled adult living in area served

Area Served: San Francisco County, primarily Tenderloin and Mission districts

Application: Walk in or apply by phone

Languages: Spanish (By arrangement)

Accessibility: Ramp wheelchair accessible restroom

Transportation: MUNI - 38 Geary, Van Ness Lines

Funding: City (Commission on Aging), United Way, fees, donations, grants

South of Market Health Center

551 Minna Street (Russ)
San Francisco CA 94103

Phone(s):
415-626-2951

Days & Hours
Monday-Thursday, 8-3 (Drop in)
Friday, 8-12 (Drop-in)
Monday, 8-8 (Clinic)
Tuesday-Thursday, 8-5 (Clinic)
Friday, 8-1 (Clinic)

Person in Charge:
Hossein Poorsina., MD, Medical Director
JoAnn Miller, Clinical Manager

Services:
A general family medical clinic whose services include prenatal care, family planning, pediatrics, adolescent medicine hypertension screening, regular health maintenance, vision and hearing screening, adult care for chronic and acute illnesses and an on-site pharmacy The homeless program provides health care counseling, outreach and clothing to homeless persons. Also provides individual, family, and child counseling. Provides referrals to other services.

Fees: Vary according to income Medi-Cal, Medicare, private insurance, MIA accepted

Eligibility: Must be San Francisco resident

Area Served: San Francisco County, primarily South of Market District

Application: Walk in or apply by phone. Appointment preferred

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog, other dialects), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - Mission Street, Market Street Lines, BART - Civic Center Station

Funding: Federal

Special Audiences, Inc.
(Program closed 4/12/91)
San Francisco Ticket Box Office Service (STBS)
1182 Market Street Room 216 (8th Street)
San Francisco CA 94102

Phone(s):
415-552-3505
415-433-STBS

Days & Hours
Monday-Friday 11:30-2:30
Tuesday-Thursday 12-7:30 pm
Friday Saturday 12-8 pm

Person in Charge:

Services.
Special Audiences Ticket Service distributes tickets to live performance events to member agencies for use by their clients. San Francisco Ticket Box Office Service (STBS) sells tickets at half price on a day-of-performance basis available to anyone. Pass extras offers discount tickets available to individuals by mail. Offers advance sale tickets at regular price for all Bay Area events.

Fees Fixed fee of $335 per year per agency for unlimited service

Eligibility. Must be nonprofit organization that works with senior disabled persons or youth for special audience program

Area Served. Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Napa County, Sonoma County

Application: Apply by phone or mail

Languages: None

Accessibility: Elevator

Transportation: MUNI - Metro, Market Street lines, BART - Civic Center Station

Funding: Client fees, donations, hotel tax

St. Anne's Home
Little Sisters of the Poor
Spring Gardens
300 Lake Street (4th Avenue)
San Francisco CA 94118

Phone(s):
415-751-6510

Days & Hours
Monday-Friday, 10-3:30

Person in Charge:
Kim Rose Co-Coordinator
Loretta Hirons, Co-Coordinator

Services:
St. Anne's Home is a residential facility for the aged providing care on three levels, independent, intermediate and infirmary care. Approximately 125 individuals live in the house. Spring Gardens is a multipurpose senior activities center, which offers activities and events for seniors. Phone for a calendar of events and membership information.

Fees: Vary according to income and service provided. None for Spring Gardens

Eligibility: Vary according to service. Most services are for low-income seniors

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Chinese, French, Filipino (Tagalog), Japanese, Spanish

Accessibility: Ramp wheelchair accessible/ restroom

Transportation: MUNI - 1 California, 2 Clement, 4 Sutter, 38 Geary

Funding: Donations, St. Anne's Convalescent Hospital

St. Anthony's Foundation

Mail 121 Golden Gate Avenue, 45 Jones Street (Golden Gate)
San Francisco CA 94102

Phone(s).
415-241-2600 (Administration)
415-241-2688 (Hygiene Center)

415-241-2681 (Counseling and Referral)
415-241-2690 (Dining Room)
415-241-2695 (Seaton Hall)

Days & Hours
Monday-Friday 8 30-5
Monday-Friday, 2 15 3 30 (Men)
Daily 5 45-7 30 pm (Women)
Monday Friday 8 30-11 1-4

Daily 10-12 30 (Meal Service)

Person in Charge:
Jeanne Zarka Brooks, Executive Director
Father Giles, Chaplain

Services:
Provides services to low-income individuals with no charge obligation or discrimination. The Dining Room provides a warm full course meal served daily from 10 am to 12:30 pm with extra hours on major holidays Anyone standing in line by 12:30 will be served Disabled individuals and seniors go in a separate line and are served at their table Separate dining section for families with children. The Counseling and Referral Center (CRC) is a crisis social service for persons who walk in off the streets to seek assistance for a myriad of necessities: emergency housing, food supplement assistance help securing identification, entitlements, employment children's clothing and emergency transportation Verification of crisis is usually requested The Drop-in Hygiene Center provides free showers haircuts, and laundry for men weekdays from 2:15-3 30 pm and for women daily from 5 45-7 30 PM Bed tickets good for a one week stay are given out by lottery for women and their minor children on Wednesdays at 3 pm (Some bed spaces are reserved for women who volunteer at the program) Clients must leave the shelter by 8 30 am the following morning Seton Hall provides room and board for men in exchange for work in the dining room Contact Dining Room Assistant Manager for an intake interview Opportunity Read provides free tutoring in reading and writing for persons with the ability to understand English

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Spanish, others (By arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines, 5 Fulton, 19 Polk BART Civic Center Station

Funding. Donations

St. Anthony's Foundation
Adult Benevolent Association (ABA)
121 Golden Gate Avenue (Jones)
San Francisco CA 94102

Phone(s):
415-241-2660 (ABA)
415-241-2670 (Living Room)

Days & Hours
Monday-Friday, 9-4:30
Monday-Friday, 9-12, 1-5

Person in Charge:
Donna Hoang, Director
Penny Padden, Living Room Staff

Services:
A multiservice senior program. The Tenderloin Hotel ministries, befriends visits isolated, Tenderloin seniors and offers them free milk delivery, spiritual outreach, and van outings. The 'Living Room' located at 476 Eddy, provides a friendly drop-in place for seniors in the Tenderloin. A volunteer program offers free blood pressure screening twice a month and provides opportunities for seniors and others to visit isolated seniors, assist with milk delivery and provide telephone assurance. Publishes the Adult Information Digest' an eight-page monthly tabloid of information and spiritually uplifting articles for seniors distributed city wide. Poets and writers are encouraged to submit their work for publication.

Fees: None

Eligibility: Vary according to service. Most services are for low-income seniors

Area Served: San Francisco County, primarily Tenderloin district

Application: Walk in or apply by phone

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street Lines, 5 Fulton. BART - Civic Center Station

Funding: Donations

St. Anthony's Foundation Distribution Center
111 Golden Gate Avenue (Jones)
San Francisco CA 94102

Phone(s):
415-241-8300

Days & Hours
Monday-Friday 9-4 (Office)
Monday-Friday 8.30 12 (Family and Emergency Clothing)
Monday-Friday 8 30-10 30 (Men s Clothing)
Monday Wednesday Friday 1-3 (Furniture by appointment only)
Monday Tuesday, Wednesday, Friday 1 30-3 (Women's clothing)

Person in Charge:
Gail Priestley, Director

Services:
Free clothing is available to families, the elderly, handicapped, persons going for job interviews and in cases of emergency with a written agency referral Clothing is distributed Monday-Friday, 8 30-12 The warehouse, located at 1597 Howard, provides free furniture by appointment only Free clothing for men is available at the warehouse without a referral Monday-Friday from 8:30-10:30. Free clothing for women is available at 111 Golden Gate Avenue Monday, Tuesday, Wednesday, Friday from 1:30 3 without a referral Adults may select one change of clothing every two weeks Also offers a limited free furniture program Clients must be part of a family with minor children or have a verifiable serious illness, not be able to afford buying used furniture, not be in section 8 housing, have a permanent address and not have received furniture from St. Anthony's in the past. Furniture is available by referral from one of six designated agencies. St. Anthony's Counseling and Referral for Tenderloin or South of MArket residents or undocumented refugees. Independent Living Resource Center for persons with psychiatric disabilities. Independent Housing for people with physical disabilities. SF AIDS Foundation for people with AIDS ARC, and Catholic Charities for recently arrived Latinos Linens, dishes and small appliances are available to any person in need with agency referral once every six months Donated clothing, furniture and household items in usable condition (no tears, stains carpets, large appliances, or magazines) are accepted at the Warehouse garage at 211 12th Street, Monday-Friday, 8:30-4 Donations can be picked up in San Francisco by contacting 241-8300. Also works with social service agencies to arrange special distribution of free clothing. Agencies may bring their clients to 111 Golden Gate by appointment, clothing racks may be taken to the agency and left for several days, or clothing may be provided to agencies in bulk.

Fees: None

Eligibility: Anyone in need. Must have a written referral from a social service agency for many services

Area Served: San Francisco County

Application: Referral from a social service agency must be in writing, on agency letterhead, with client name, date of referral, date and time of appointment, items needed, social workers name and phone number. For free furniture, Tenderloin, SOMA and undocumented residents may call 241-2681 to arrange an intake appointment APPLY-WAIT = No wait

Languages: French, Laotian, Spanish

Accessibility: 111 Golden Gate is wheelchair accessible

Transportation: MUNI - Market Street lines, 19 Polk, 31 Balboa, 5 Fulton

Funding: Donations

St. Anthony's Foundation
Social Services
St. Anthony's Clinic
105 and 107 Golden Gate Avenue (Market)
San Francisco CA 94102

Phone(s):
415-241-8320

Days & Hours
Monday-Friday, 8:30-4:30 (Office)
Monday-Friday, 8:30-10:30 (Drop in)
Tuesday, 1-4 (Podiatry)
Monday, Wednesday, Friday, 1-4 (Appointments)
Tuesday, 5-8:30 pm (HIV testing)

Person in Charge:
Dr. Robin Serrahn, Director
Sister Berchmans, Clinic Head Nurse

Services:
A primary care medical clinic for low-income adults, families, and children. Adult drop-in care is offered Monday-Friday, 8:30-10:30 on a first come, first served basis. Appointments are preferred for pediatrics. A family clinic is offered Monday, Tuesday, Wednesday, and Friday afternoons by appointment only. A podiatry clinic is offered on Tuesdays. Provides blood pressure screening. Offers an HIV Testing Clinic on Tuesdays from 5-7 pm. A laboratory and pharmacy are on site.

Fees: None for medical services. Medi-Cal accepted for lab work or pharmacy only

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Chinese (Cantonese, Mandarin), Laotian, Mien, Sign, Spanish, Vietnamese

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines, 19 Polk, 5 Fulton, 31 Balboa

Funding: Saint Anthony's Foundation, donations

St. Benedict's Center for the Deaf and Hard of Hearing

2891 Bush Street
San Francisco CA 94115

Phone(s):
415-567-9855
415-567-0438 (TDD)
415-346-8327 (TDD AIDS Information)

Days & Hours
Monday-Friday, 10-3

Person in Charge:
Reverend Kenneth Canedo, Director
Darol Nance, AIDS Project Coordinator

Services:
Provides religious and social services to hearing impaired persons, their families and friends. Offers individual and family counseling, information and referral, and Sunday Mass (at 10:30 am) in sign language. Teaches sign language. Provides information and education about AIDS to hearing impaired persons.

Fees: Vary according to income for counseling. All other services free

Eligibility: Hearing impaired persons, their families and friends

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Walk in or apply by phone

Languages: Sign

Accessibility: Ramp/ wheelchair accessible restroom interpreter for the deaf

Transportation: MUNI - 1 California, 4 Sutter, 2 Clement

Funding: City, donations, fees

St. Mary's Hospital and Medical Center
Adult Day Health Center (ADHC)
35 Onondaga (Ocean)
San Francisco CA 94112

Phone(s):
415-334-4000

Days & Hours
Monday-Friday, 8 30-5

Person in Charge:
Janet Tedesco, Administrator

Services:
Offers a comprehensive day program of health, rehabilitation and social services for frail elders and disabled adults. Services include nursing and personal care, physical, speech and occupational therapy, hot noon meal health education, and transportation Offers recreational and social activities including arts, crafts, entertainment, and outings Also located at this center is a specialized day care program for persons with Alzheimer's disease

Fees: Vary according to income. Medi-Cal accepted

Eligibility: San Francisco resident, frail elderly or disabled adult

Area Served: San Francisco County, Alemany, Cayuga, Crocker-Amazon Excelsior, Ingleside, Merced Heights, Ocean View, Outer Bernal Heights, Outer Mission, Portola, Visitacion Valley districts

Application: Apply by phone

Languages: Italian, Spanish

Accessibility: Wheelchair accessible restroom

Transportation: Van transportation can be arranged

Funding: Donations, grants, United Way, fees

St. Mary's Hospital and Medical Center
Comprehensive Outpatient Rehabilitation Facility (CORF)

450 Stanyan Street (Hayes)
San Francisco CA 94117

Phone(s):
415-668-1000

Days & Hours
Monday-Friday, 8:30-5

Person in Charge:
Cheryl Palmer, Administrator

Services:
A comprehensive outpatient rehabilitation facility which provides physical, occupational and speech therapies to frail elderly. Offers a short-term program for persons who are in need of major rehabilitation. Services may be combined with Adult Day Health Care.

Fees: Covered by Medicare Part B

Eligibility: Frail, elderly who have Medicare Part B

Area Served: San Francisco County

Application: Apply by phone

Languages: Spanish

Accessibility: Ramp, wheelchair accessible restroom

Transportation: MUNI - 14 Mission. Van transportation can be arranged

Funding: Medicare Part B

St. Mary's Hospital and Medical Center
Saturday Respite Program
35 Onondaga Avenue (Geneva)
San Francisco CA 94112

Phone(s):
415-334-4000

Days & Hours
Saturday, 10-3

Person In Charge:
Grace D'Anca, Program Manager
Janet Tedesco, Administrator

Services:
A Saturday respite program for persons who are confused because they have a dementing illness. The program offers participants the opportunity to engage in activities that provide mental stimulation and social interactions through variety of therapeutic activities, including exercise and movement, reminiscing and current events discussions, music and singing, arts and crafts activities and community outings

Fees: Vary according to income, from $20-$35 per day, plus $8 van transportation. Family Survival Project vouchers accepted

Eligibility: People who are confused because they have a dementing condition

Area Served: San Francisco County

Application: Apply by phone

Languages: None

Accessibility: Ramp, wheelchair accessible restroom

Transportation: Van transportation can be arranged

Funding: Fees, donations

St. Mary's Hospital and Medical Center
Senior Life Services
450 Stanyan Street (Hayes)
San Francisco CA 94117

Phone(s):
415-750-5800 (Senior Services)
415-750-5785 (Physicians Referral)
415-750-5888 (Gold Card Dining)
415-750-5530 (Mercy Line)

Days & Hours
Monday-Friday, 9-5

Monday-Friday, 9-3 (Office)

Person in Charge:
Janet Tedesco, Director
Katie Giomi, Program Director

Services:
Provides a variety of services for seniors including health education, fitness program, physician referral, discount on meals served at the hospital cafeteria, and a newsletter. The Mercy 65 Plus Program offers cost reductions for Medicare beneficiaries and assistance with health insurance. Mercy Line is a medical emergency response system which provides disabled or ill individuals with a system to request immediate help. Monitored on a 24-hour basis at the hospital.

Fees: Vary according to income and service provided

Eligibility: No requirements

Area Served: Marin County, San Francisco County, San Mateo County

Application: Apply by phone or mail

Languages: Interpreter (By arrangement)

Accessibility: Elevator, ramp, wheelchair accessible

Transportation: MUNI - 5 Fulton, 21 Hayes

Funding: Donations, grants, client fees

St. Mary's Hospital and Medical Center
Sister Mary Philippa Memorial Clinic
2235 Hayes 5th Floor (Schrader)
San Francisco CA 94117

Phone(s):
415-750-5500

Days & Hours
Monday-Friday 8 30-4 30

Person In Charge:
Raymond L. Weisberg,. MD. Medical Director
Barbara Rosa,. RNC,. MS. Director - Ambulatory Services

Services:
A comprehensive health care program providing primary and specialty outpatient and inpatient care. Clinics include: allergy. arthritis cardiology chest. dermatology. ear nose throat. endocrinology eye. gastrointestinal general medicine. gynecology hematology. neurology neurosurgery orthopedics. pediatrics (cardiology and orthopedic podiatry. proctology psychiatry. renal. surgery. urology and vascular surgery Also offers dietician counseling. social work services and health education

Fees: Vary according to income Medi-Cal Medicare. private insurance accepted

Eligibility: Resident of area served

Area Served: Marin County. San Francisco County. San Mateo County

Application: Walk in for registration. Appointment necessary for clinics

Languages: Cambodian. Chinese (Cantonese Mandarin). French. German. Laotian. Spanish. Vietnamese

Accessibility: Wheelchair accessible elevator ramp

Transportation: MUNI - 5 Fulton. 21 Hayes. 33 Stanyan

Funding: Client fees. donations

St. Vincent De Paul Society of San Francisco Administration
1745 Folsom (13th Street)
San Francisco CA 94103

Phone(s):
415-863-3315

Days & Hours
Monday-Friday, 9-5

Person In Charge:
Vacant, Executive Director

Services:
Offers a variety of social services that promote human dignity through 30 Catholic parishes and several formal social service program components. These include temporary assistance of food, clothing, and lodging for needy persons, home and institutional visitation to the sick, the elderly, the imprisoned, and the poor, alcohol detoxification, counseling, residential treatment, vocational rehabilitation, senior group activities, a shelter for women who are victims of violence and a multiservice center for homeless men. The programs are described separately.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in, apply by phone, or referral

Languages: Filipino (Tagalog), Spanish

Accessibility: Main entrance wheelchair accessible ramp

Transportation: MUNI - Mission Street lines

Funding: Donations

St. Vincent de Paul Society of San Francisco
Ozanam Reception Center
1175 Howard Street (8th Street)
San Francisco CA 94103

Phone(s):
415-621-6471

Days & Hours
Daily 9-12 1-5 (Drop-in)
24 Hours daily (Detox)

Person in Charge:
Tom Odell, Director

Services:
A 24-hour detoxification and social reception drop-in center for alcoholic men and women. Serves as an entry point for those who desire further alcoholism treatment services. Provides information and referral services and operates a 28-day residential treatment center called the Henry Donohoe Recovery Unit

Fees: Vary according to income. No one will be denied service for lack of funds

Eligibility: Alcoholic men and women

Area Served: San Francisco County

Application: Walk in or referral

Languages: Spanish

Accessibility: Wheelchair accessible on first floor only

Transportation: MUNI - Mission Street lines, 19 Polk

Funding: Donations

Sunset Senior Center
Christ Church Lutheran
1090 Quintara Street (20th Avenue)
San Francisco CA 94116

Phone(s):
415-759-9507

Days & Hours
Monday-Friday, 9-2

Person in Charge:
Robert Harry, Director

Services:
Provides lunch and an activity program for seniors. Recreational activities include films, bingo, nutrition and health education, health screening, entertainment, music and dance classes.

Fees: $1.25 suggested lunch donation

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily Sunset, Richmond, Haight and Parkside districts

Languages: Chinese

Accessibility: Wheelchair accessible

Transportation: MUNI - 29 Sunset, 71 Noriega, L Taraval

Funding: Donations, Salvation Army, Commission on Aging

Telegraph Hill Neighborhood Association
660 Lombard Street (Mason)
San Francisco CA 94133

Phone(s):
415-421-6443 (Social Center)
415-421-6444 (Nursery School)
415-421-6464 (Youth Services)

Days & Hours
Monday-Friday 10-5 (Office)
Monday-Friday 9-2 (Seniors)
Monday-Friday 2-9 (Youth)

Person in Charge.
Denise McCarthy, Executive Director
Hope Haliklas, Director of Senior Programs
Paula Minkus, Children's Center Director
Ben Fong, MD (Medical Director)

Services:
A multipurpose center for residents of North Beach, Chinatown and Telegraph Hill Districts. Services are provided to children age 2 1/2 through seniors. Services include a cooperative nursery school, childcare for age 2 1/2-6, an after school program, tutoring, recreational and cultural activities, arts and crafts, local job and economic development, health education, blood pressure screening, exercise and movement classes, a hot lunch for seniors, fast pass distribution, and distribution of commodity surplus foods.

Fees: Vary according to service. Suggested donation for senior meals $1.25. Tuition fees for the children's center. Youth program free.

Eligibility: Some programs have age and income requirements.

Area Served: San Francisco County, primarily North Beach, Chinatown districts.

Application: Apply by phone.

Languages: Chinese, Italian, Spanish. (By arrangement)

Accessibility: Ramp, wheelchair accessible restroom.

Transportation: MUNI - 15 Kearny, 30 Stockton, 42 Downtown Loop, Powell and Mason cable car. Van transportation can be arranged to pick up seniors.

Funding: United Way, grants, donations, state.

Temple Baptist Church
Senior Center
3355 - 19th Avenue
San Francisco CA 94132

Phone(s):
415-566-4080

Days & Hours
Monday, 10:30-1
(September-June)

Person in Charge:
Marti Sinclair, Director

Services:
A senior center offering small group discussion sessions, crafts and total group involvement in exercise, lunch, and program time or occasional outings. Provides an atmosphere conducive to meeting new people and developing friendships.

Fees: Hot lunch $2

Eligibility: Senior citizen age 55 or over

Area Served: San Francisco County, Park Merced, Stonestown districts

Application: Walk in or apply by phone

Languages: None

Accessibility: Wheelchair accessible/ special parking

Transportation: MÜNI - M streetcar, 28 19th Avenue stop within 1 block

Funding: Church

Tenderloin Elder Friends
135 Golden Gate Avenue, Third Floor
San Francisco CA 94102

Phone(s):
415-252-5627

Days & Hours
Monday-Friday 10-4

Person in Charge:
Ellen Cafferty, PBVM, Volunteer Coordinator

Services:
Volunteers visit and assist isolated Tenderloin seniors on an ongoing basis to chat and run errands or shop. Volunteers may be called upon to meet one-time needs, but the real goal of the group is to build long-term friendships

Fees: None

Eligibility: Seniors who live in San Francisco's Tenderloin District

Area Served: San Francisco County, Tenderloin District

Application: Apply by phone

Languages: Chinese (Cantonese), Spanish

Accessibility: Elevator

Transportation: MUNI - Market Street Lines, BART - Powell Street Station

Funding: Donations, San Francisco Network Ministries

Travelers Aid Society of San Francisco

1049 Market Street, 5th Floor (6th Street)
San Francisco CA 94103

Phone(s):
415-255-2252 (Market Street)
415-512-1641 (Transbay Terminal)

Days & Hours
Monday-Friday, 9-12, 1-5
Daily, 8 am-8 pm

Person in Charge:
Elizabeth Resner, Director

Services:
Provides emergency food, housing, counseling and transportation assistance to homeless individuals and families, newcomers and people in crisis and or transition. A Family Service Program provides housing, childcare and counseling to help families stabilize and secure permanent housing, entitlement benefits and employment. Space is provided for clients to store belongings, make phone calls and receive mail and messages. An S.S.I. payee program assists clients receiving disability benefits. An outreach program assists mentally disabled people secure emergency food, housing and support services.

Fees: None

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Spanish (By arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines. BART - Civic Center Station

Funding: United Way, donations, grants, city

United Cerebral Palsy Association of San Francisco
1435 Market Street, 2nd Floor
San Francisco CA 94103

Phone(s):
415-255-0101 (Voice)
415-255-1047 (TTY)

Days & Hours
Monday-Friday 9-5:30

Person in Charge:
Anne Battersby, Acting Executive Director

Services:
Provides services to persons with cerebral palsy or other physical disabilities. Services include individual and family and employment counseling, counseling, crisis intervention, case management, with an advocacy focus, general information and referral, public and living skills and vocational training to persons with developmental disabilities. Partners United for Relief and Respite (PURR) provides Saturday respite for children age 2 to 12 with developmental and physical disabilities. Program is located in the Richmond District. Child Sexual Abuse Prevention Program is operated in cooperation with Children's Self Help Center using a curriculum guide developed with CSHC for parents and teachers of children with disabilities. Teen Outreach Program addresses the psycho-social concerns of teens with disabilities. Program meets after-school and offers an opportunity for socialization through movement, drama and community-based activities. Adult Support Group meets alternate Wednesdays. Group is for persons with physical disabilities and provides participants with both practical and emotional support. Recreational opportunities include a Saturday swim program with Children's Center for Movement Therapy and financial aid and scholarships to camps to those in need. Respitality Program combines hospitality of donated hotel rooms with traditional respite care (provided by UCPA SF) to offer parents of children with disabilities a complimentary stress-free break from the demanding job of daily child care. Project Opportunity provides instruction and support to persons with developmental disabilities in natural environments (non-center-based) for a variety of community recreational activities. Program also provides individualized job-finding services, training and support for employee, co-worker and employer.

Fees: None for most services

Eligibility: Persons with cerebral palsy and other physical or developmental disabilities

Area Served: San Francisco County

Application: Apply by phone. Appointment necessary

Languages: American Sign, Chinese (Cantonese), Filipino (Tagalog), French, Signed Exact English

Accessibility: Wheelchair accessible, elevator, restroom

Transportation: MUNI - Market Street lines, BART - Civic Center Station

Funding: Grants, donations, United Way

United States Government
Department of Health and Human Services
Social Security Administration
Bayview Hunter's Point Branch Office
3801 Third Street, Suite 280
San Francisco CA 94124

Phone(s):
800-234-5772 (Teleservice Center)
800-325-0778 (TTY)
415-556-5325 (Agency use only)

Days & Hours
Monday-Friday, 7 am-7 pm

Monday-Friday, 9-4:30

Person in Charge:
LaVonne Rayford-Wilson, Branch Manager

Services:
A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors Medicare is the federal health insurance program for people age 65 or over and some people age 64 or under who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. Applications for all benefits may be made by phone, by mail, or in person, and you do not have to wait if you make an appointment. Information about qualifications and the documents which must be submitted with the application is provided at the time the appointment is made.

Fees: None

Eligibility: Vary according to age, income, medical records and work history

Area Served: San Francisco County, primarily zip codes 94124, 94134

Application: Walk in, apply by phone or mail

Languages: Filipino, Spanish

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - 15 Third, 19 Polk, 54 Felton, 44 O'Shaughnessy

Funding: Federal

United States Government
Department of Health and Human Services
Social Security Administration
Chinatown Branch Office
560 Kearny (Sacramento)
San Francisco CA 94108

Phone(s):	**Days & Hours**
800-234-5772 (Teleservice Center)	Monday-Frida, 7 am-7 pm
800-325-0778 (TTY)	Monday-Friday, 7 am-7 pm
415-705-1065	Monday-Friday, 9-4 30

Person In Charge:
Ron Ho, Branch Manager

Services:
A full service office that processes claims for all Social Security programs Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and some people 64 or under who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here Applications for all benefits may be made in person or, in some cases by mail or phone, and it is necessary to call first for information about qualifications and the documents which must be submitted with the application Applications are taken on a first come, first served basis You may request an appointment if preferred.

Fees: None

Eligibility: Vary according to age, income, medical records and work history

Area Served: San Francisco County, primarily zip codes 94108, 94133, 94111

Application: Walk in, apply by phone or mail

Languages: Chinese (Cantonese, Mandarin), Russian, Spanish

Accessibility: Wheelchair accessible through 550 Kearny

Transportation: MUNI - 15 Third, 1 California, 92 San Bruno Express, California Street Cable Car

Funding: Federal

United States Government
Department of Health and Human Services
Social Security Administration
Civic Center Branch Office
10 United Nations Plaza, 5th Floor
San Francisco CA 94102

Phone(s):
800-234-5772 (Teleservice Center)
800-325-0778 (TTY)
415-556-5460 (Agency use only)

Days & Hours
Monday-Friday, 7 am-7 pm
Monday-Friday, 7 am-7 pm
Monday-Friday, 9-4:30

Person in Charge:
Grace Williams, District Manager

Services:
A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and those who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. Applications for all benefits may be made in person or, in some cases by mail or phone, and it is necessary to call first for information about qualifications and the documents which must be submitted with the application. Applications are taken on a first come, first served basis. An appointment can be requested if preferred.

Fees: None

Eligibility: Vary according to age, income, medical records and work history

Area Served: San Francisco County primarily zip codes 94102, 94103, 94104, 94105, 94109, 94119, 94120, 94121, 94123, 94129, 94130, 94139

Application: Walk in, apply by phone or mail

Languages: Chinese (Cantonese, Mandarin), Filipino (Tagalog), Japanese, Russian, Spanish, Vietnamese

Accessibility: Wheelchair accessible

Transportation: MUNI - Market Street lines, BART - Civic Center Station

Funding: Federal

United States Government
Department of Health and Human Services
Social Security Administration
Mission District Office
2601 Mission Street, 6th Floor
San Francisco CA 94110

Phone(s):
800-234-5772 (Teleservice Center)
800-325-0778 (TTY)
415-556-5770 (Agency use only)

Days & Hours
Monday-Friday, 7 am-7 pm

Monday-Friday, 9-4:30

Person In Charge:
Roberto Santis, District Manager

Services:
A full service office which processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and some people under age 65 who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). Aid to the Blind (AB), and Aid to the Disabled (ATD) and SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. Applications for all benefits may be made in person or, in some cases by mail or phone, and it is necessary to call first for information about qualifications and the documents which must be submitted with the application. Applications are taken on a first come, first served basis. Interim emergency financial assistance may be obtained from the San Francisco City and County Social Services Department.

Fees: None

Eligibility: Vary according to age, income, medical records and work history

Area Served: San Francisco County, primarily zip codes 94107, 94110, and 94114

Application: Walk in, apply by phone or mail

Languages: Phone for information

Accessibility: Wheelchair accessible

Transportation: MUNI - Mission Street lines

Funding: Federal

United States Government
Department of Health and Human Services
Social Security Administration
Outer Mission Branch Office
4377 Mission (Avalon)
San Francisco CA 94112

Phone(s):
800-234-5772 (Teleservice Center)
800-325-0778 (TTY)
415-556-5624 (Agency use only)

Days & Hours
Monday-Friday, 7 am-7 pm

Monday-Friday, 9-4:30

Person in Charge:
Benjamin Gryn, Branch Manager

Services:
A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker s wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and some people 64 or under who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. Applications for all benefits may be made in person or, in some cases by mail or phone, and it is necessary to call first for information about qualifications and the documents which must be submitted with the application. Applications are taken on a first come, first served basis.

Fees: None

Eligibility: Vary according to age, income, medical records and work history

Area Served: San Francisco County, primarily zip code 94112

Application: Walk in, apply by phone or mail

Languages: Filipino (Tagalog), Italian, Spanish

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - Mission Street lines

Funding: Federal

United States Government
Department of Health and Human Services
Social Security Administration
Parkside Branch Office
401 Taraval 2nd Floor (14th Avenue)
San Francisco CA 94116

Phone(s):
800-234-5772 (Teleservice Center)
800-325-0778 (TTY)
415-556-7453 (Agency use only)

Days & Hours
Monday-Friday [illegible] am-7 pm

Monday-Friday 9-4 30

Person in Charge.
Betsy Lutz, Branch Manager

Services:
A full service office that processes claims for all Social Security programs Social Security provides continuing income to workers and their families in the case of retirement, disability, or death Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors Medicare is the federal health insurance program for people age 65 or over and some people 64 or under who are disabled or have chronic kidney disease People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children may apply for Supplemental Security Income (SSI) SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here Applications for all benefits may be made by phone or in person Phone first for information about qualifications and the documents which must be submitted with the application Walk in applicants are seen on a first come first served basis

Fees: None

Eligibility: Vary according to age, income, medical records and work history

Area Served: San Francisco County, primarily zip codes 94116, 94122 94127, 94128, 94131, 94132

Application: Walk in, apply by phone or mail

Languages: None

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - L Taraval, 48 Quintara

Funding: Federal

United States Government
Department of Health and Human Services
Social Security Administration
Western Addition Branch Office
1426 Fillmore Street, Suite 300
San Francisco CA 94115

Phone(s):
800-234-5772 (Teleservice Center)
800-325-0778 (TTY)
415-556-9325 (Agency use only)

Days & Hours
Monday-Friday, 7 am-7 pm

Monday-Friday, 9-4:30

Person in Charge:
Lucile Trahan, Branch Manager

Services:
A full service office that processes claims for all Social Security programs. Social Security provides continuing income to workers and their families in the case of retirement, disability, or death. Social Security benefits are based on the worker's wages and may be paid to the worker or the worker's dependents or survivors. Medicare is the federal health insurance program for people age 65 or over and some people 64 or under who are disabled or have chronic kidney disease. People in need of cash and who are age 65 or over or who are blind or disabled, including blind and disabled children, may apply for Supplemental Security Income (SSI). SSI recipients automatically qualify for Medi-Cal. Original and duplicate Social Security cards are issued here. Applications for all benefits may be made in person or, in some cases by mail or phone.

Fees: None

Eligibility: Vary according to age, income, medical records and work history

Area Served: San Francisco County, primarily zip codes 94115, 94117, 94118

Application: Walk in, apply by phone or mail

Languages: Russian
Chinese (By arrangement)

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - 22 Fillmore, 38 Geary, 31 Balboa

Funding: Federal

United States Government
Small Business Administration (SBA)
Service Corps of Retired Executives (SCORE)
211 Main Street, 4th Floor (Howard)
San Francisco CA 94105

Phone(s):
415-744-6827

Days & Hours
Monday-Friday, 10-12, 1-2

Person In Charge:
Al Rose, Counselor, Public Relations
Harold Raab, Chairman

Services:
A volunteer organization of retired business people (sponsored by the United States Small Business Administration) who share their management expertise with small businesses upon request. Assists in solving problems of an existing business or planning the opening of a new business. Volunteers' areas of expertise include accounting, finance, record-keeping, taxes, marketing, advertising, retailing, manufacturing, sales and service businesses. Also conducts workshops for a small fee on how to start a business and selected subjects as indicated.

Fees: Vary according to service

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Apply by phone or mail

Languages: Interpreters (By arrangement)

Accessibility: Elevator, ramp, wheelchair accessible, restroom

Transportation: MUNI - Market Street, Mission Street lines, 42 Downtown Loop. BART - Embarcadero Station

Funding: Federal (Small Business Administration)

United States Government
Veterans Affairs Medical Center
4150 Clement Street (42nd Avenue)
San Francisco CA 94121

Phone(s):
415-221-4810

Days & Hours
Monday-Friday, 8-4:30 (Office)
24 hours daily

Person in Charge:
Lawrence C. Stewart, Director

Services:
Provides general medical surgical and psychiatric services for veterans. Inpatient and outpatient services include: arthritic rheumatology, cardiology, dermatology, endocrinology, eye, ear, nose, and throat, gastrointestinal, hematology, hemodialysis, infectious disease, medical research, neurology, neurosurgery, nuclear medicine, heart surgery, ophthalmology, orthopedic, plastic surgery, podiatry, psychiatric, respiratory care, general surgery, and social work. Offers limited dental care, eye glasses, and other prosthetics based on eligibility.

Fees: Vary according to eligibility category. Private insurance accepted

Eligibility: Veterans with other than dishonorable discharge, eligibility individually determined

Area Served: Marin County, San Francisco County, San Mateo County, Humboldt County, Mendocino County, Napa County, Sonoma County

Application: Walk in, preferably during office hours

Languages: Chinese, Filipino (Tagalog), Japanese (By arrangement)

Accessibility: Special parking ramp wheelchair accessible/ restroom

Transportation: MUNI - 38 Geary (Fort Miley)

Funding: Federal

United States Government
Veterans Affairs Medical Center
Substance Abuse Programs
4150 Clement Street (42nd Avenue)
San Francisco CA 94121

Phone(s):
415-750-2127 (Outpatient)
415-750-2050
415-750-2075 (Inpatient Unit)

Days & Hours
Monday-Friday 8-4 30 (Office)
Monday-Friday 1-3 30 (Triage)
24-Hour Residential Program

Person in Charge:
Dr. Peter Banys, Director
Donald Tusel,, MD, Assistant Director

Services:
A substance abuse treatment program for veterans The outpatient clinics provide individual, family and group counseling, a complete education series including family education, optional antabuse prescriptions and recreational activities. The inpatient unit provides a variable length-of-stay treatment program averaging 14 days Clients must be sober (Breathalyser = 0) before admittance. The program includes individual, family and group therapy, occupational therapy, an AA study group, education, optional antabuse prescriptions, and a 2-year outpatient follow-up program Non-Veteran patients may also enroll in treatment programs for alcoholism, heroin addiction, and cocaine abuse if they are willing to participate in medical studies

Fees: None

Eligibility: Veterans with honorable or general discharge Non-veterans must be willing to participate in medical studies

Area Served: Alameda County, Contra Costa County, Marin County San Francisco County, San Mateo County, Northern California

Application: Walk in Monday - Friday, 1 - 3:30

Languages: Lithuanian, Spanish (By arrangement)

Accessibility: Special Parking Ramp Wheelchair Accessible Restroom

Transportation: MUNI -2 Clement, 38 Geary (Fort Miley)

Funding: Federal

United Way
Information and Referral Service
HELPLINE
1435 Market Street, 4th Floor (10th Street)
San Francisco CA 94103

Phone(s):
415-772-HELP
800-273-6222
415-554-2445 (TDD)
415-554-2451 (Directory)

Days & Hours
Monday-Friday, 8-7
Answering service at other times

Person in Charge:
Sidney Pucek, Group Vice President

Services:
A comprehensive information and referral service which provides assistance to anyone needing information about nonprofit health or human care services, foster care and adoption, support groups, homelessness prevention services, financial assistance programs or community organizations. Following an assessment of the individual's needs, referrals are made to private nonprofit or publicly funded agencies. Follow-up calls are made to clients when appropriate. There is no fee for service and all information is confidential. Also welcomes information requests from other agencies, doctors, ministers, teachers, social workers, and corporations. The Homelessness Prevention Helpline provides information about emergency and financial assistance programs for food, housing and utility assistance. Publishes a free guide 'You're Not Alone' a how to resource guide for persons living on a limited income in the Bay Area. A member of the Community Task Force on Homes for Children which recruits adoptive and foster care homes for Bay Area children. Brian's Kids on KPIX Channel 5, features a child each week who is available for placement. The Helpline provides initial screening for persons interested in the featured child or in becoming a foster parent. Publishes the Social Service Referral Directory, containing comprehensive information on over 800 agencies serving San Francisco. A member of the Bay Area Information and Retrieval System (BAIRS), a computerized file of human service programs in the five Bay Area counties. Provides technical assistance and training to other human service programs on information and referral and directory production. Publishes a training manual for information and referral services.

Fees: None for information and referral. Fees for other services vary according to service

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, Napa County, Solano County, Sonoma County

Application: Apply by phone

Languages: Spanish

Accessibility: Wheelchair accessible elevator restroom

Transportation: MUNI - Market Street lines, Van Ness lines, 9 San Bruno
BART - Civic Center Station

Funding: United Way, donations, grants

University of California, San Francisco (UCSF) Center on Deafness

3333 California Street, Suite 10 (Presidio)
San Francisco CA 94143-1208

Phone(s):
415-476-4980 (Voice)
415-476-7600 (TDD)

Days & Hours
Monday-Friday, 8:30-5

Person in Charge:
Peter F. Cohen., MD, Medical Director
Florrie Burke., MFCC, Clinical Director

Services:
Provides outpatient mental health services to deaf or hearing impaired children, adults and their families. Services include individual psychotherapy and counseling, psychatiric, psychological and neuropsychological evaluations, family therapy, play therapy, evaluation for and management of psychotropic medications, vocational evaluations and consultation to families, schools and the community. Researches the impact of deafness on psychosocial, emotional and linguistic development. Also offers a training program to professionals and students in deafness-related service and research fields.

Fees: Vary according to income. Medi-Cal, private insurance accepted

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, Sonoma County, northern California

Application: Apply by phone. Appointment necessary

Languages: American Sign, Signed English

Accessibility: Wheelchair accessible

Transportation: MUNI - 1 California, 3 Jackson, 4 Sutter, 2 Clement, 43 Masonic

Funding: City, county, state, federal

University of California, San Francisco (UCSF)
Dental Clinic
San Francisco General Hospital
1001 Potrero Avenue Building 2203
San Francisco CA 94110

Phone(s):
415-476-5668 or 415-476-5692

Days & Hours
Monday-Friday 8-5
(Administration)
Monday-Friday, 9-3 30
(Appointments)

Person in Charge
Nelson Artiga, DDS, MPH, Clinic Administrator
Aldonia Williams Stevenson, Clinic Manager

Services:
Provides comprehensive dental care, including fillings, dentures bridges root canals, oral surgery, dental hygiene and education Long wait for orthodontic and periodontic work (referral to main campus clinic) A special clinic provides maxillo-facial rehabilitation (facial reconstruction) and treatment of cleft palate inquire at regular clinic Clinic reserves right to reject patient who requires unusually extensive or complex work, though this is rarely done Call or drop-in to make an appointment for screening exam which includes mandatory full mouth x-rays Subsequent treatment may not begin for as much as two to three weeks. Emergency patients who come in for immediate care should know that they may have to wait for treatment In general, care is much less expensive than from a private dentist but will probably take three to four times longer to complete Specialty clinic services are referred to the University of California Dental Clinic on Parnassus Avenue Follow-up to specialty care is provided by this clinic

Fees: Emergency fee $35 X-ray $30 $10 examination fee payable in advance. Other fees vary according to service Medi-Cal, private insurance accepted

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Walk in or apply by phone

Languages: Spanish
Others (By arrangement)

Accessibility: Elevator ramp wheelchair accessible restroom

Transportation: MUNI - 47 Van Ness, 48 Quintara, 33 Ashbury, 9 San Bruno

Funding: State, fees

University of California, San Francisco (UCSF)
Frederick Cordes Eye Clinic
400 Parnassus (Arguello)
San Francisco CA 94143

Phone(s):
415-476-2142

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Michael Drake., MD, Director

Services:
A comprehensive outpatient eye clinic which provides diagnosis and treatment of eye diseases and disorders. Speciality clinics include external eye disease, glaucoma, oncology, pediatrics, plastic surgery, retina and uveitis.

Fees: Vary according to income and service. Medi-Cal, Medicare, private insurance accepted

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Apply by phone. Appointment necessary

Languages: Spanish

Accessibility: Ramp elevator wheelchair accessible restroom

Transportation: MUNI - 6 Parnassus, 66 Quintara, N Judah

Funding: State, patient fees

University of California, San Francisco (UCSF)
Langley Porter Psychiatric Institute
Memory Clinic and Alzheimer Center
Mail 1350 - 7th Avenue, 401 Parnassus Avenue (Irving)
San Francisco CA 94143

Phone(s):
415-476-7606

Days & Hours
Monday-Friday 9-4 3[illegible]

Person in Charge
Joseph Barbaccia, MD, Director
Mariann Di Minno, RN, MA, Administrator and Clinical Coordinat[illegible]

Services:
Provides evaluation and treatment planning for persons who seem confused depressed, and have memory problems. Special attention is given to the spouse or family who is taking care of the patient. Family conferences are held to discuss the evaluation and make recommendations. Provides home visit evaluations to assess the patient and to assist the family. Provides information and referrals to other social agencies and works closely with the community physician who has been involved with the patient. Also offers support groups for the family.

Fees: Vary according to income. Medi-Cal, Medicare, private insurance accepted

Eligibility: Persons who demonstrate memory impairment and or symptoms of Alzheimer-type dementia

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County, northern California

Application: Apply by phone

Languages: Interpreter (By arrangement)

Accessibility: Elevator, ramp, wheelchair accessible, restroom

Transportation: MUNI - 6 Parnassus, 43 Masonic, 66 Quintara, N Judah. Taxi vouchers available for persons in financial need

Funding: State, client fees

University of California, San Francisco (UCSF)
Pre-Doctoral Dental Clinic

Dental Bldg. 707 Parnassus Avenue
San Francisco CA 94143

Phone(s):
415-476-1891 (Appointment desk)
415-476-5814 (Emergency appointment)
415-476-1778 (TDD)

Days & Hours
Monday-Friday, 8-5

24 hours daily

Person in Charge:
Howard A. Bloom., DDS, Clinic Director
Carol Littlejohn, Associate Dean for Administration

Services:
Provides comprehensive dental care, including fillings, dentures, bridges, root canals, oral surgery, dental hygiene, education, orthodontic and periodontic work. A special clinic provides maxillo-facial rehabilitation (facial reconstruction) and treatment of cleft palate - inquire at regular clinic. Clinic reserves right to reject patient who requires unusually extensive or complex work, though this is rarely done. In general, care is approximately one-half to one-third of private dental fees, but will take longer to complete.

Fees: Vary according to service. Fees are generally one-half to one-third the cost of private dental fees. Medi-Cal, private insurance accepted

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County

Application: Apply by phone. Appointment necessary

Languages: Chinese, Filipino (Tagalog), Japanese, Spanish, Vietnamese (By arrangement)

Accessibility: Wheelchair accessible/ restroom ramp/ elevator/ special parking

Transportation: MUNI - 6 Parnassus, 66 Quintara, 43 Masonic, N Judah

Funding: University, state, fees

University of California, San Francisco (UCSF)
Retirees Employment Program
1350 7th Avenue
San Francisco CA 94143

Phone(s):
415-476-2715

Days & Hours
Tuesday Thursday 10-4

Person in Charge:
Faricita Wyatt, Coordinator

Services.
Provides employment services for retired people. Services include employment related counseling, human resource development, and flexible hour employment opportunities. Refers applicants to job vacancies in UCSF campus departments, San Francisco General Hospital or the Veterans Administration Medical Center

Fees: None

Eligibility: Retired person willing to work in San Francisco

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Apply by phone or mail resume and complete UCSF employment application. Appointment necessary

Languages: Interpreter (By arrangement)

Accessibility: Wheelchair accessible through 6th Avenue entrance

Transportation: MUNI 6 Parnassus N Judah

Funding: State (University of California)

University of the Pacific (UOP)
Dental Clinic
2155 Webster Street (Sacramento)
San Francisco CA 94115

Phone(s):
415-929-6500 (Information)
415-929-6550 (Children's Clinic)
415-929-6555 (Orthodontic Clinic)

Days & Hours
Monday-Friday, 9-5

Person in Charge:
Dr. Ronald F. Borer, Assistant Dean, Clinical Services

Services:
Provides comprehensive general dental care, including fillings, dentures, bridges, root canals, oral surgery, limited periodontic work. Dental work is performed by students under supervision. No appointment is necessary for screening exams, which are given at 9 am and 2 pm, Monday-Friday. Emergencies can be seen between 9 am - 1 pm. Clinic is closed during standard school holiday periods and between academic quarters - phone to check. For orthodontic consultations, phone for appointment.

Fees: $35 preliminary exam and x-ray. $20-$100 for emergencies. Payable in full at time of visit. Generally fees are 30%-40% less than private practice, discount on partial and complete dentures for senior citizens. Medi-Cal, dental insurance accepted

Eligibility: No requirements

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County, Santa Clara County

Application: Walk in at 9 am or 2 pm for screening. Apply by phone for orthodontics

Languages: Cambodian, Chinese (Cantonese, Mandarin), Farsi, Filipino (Tagalog), French, German, Japanese, Russian, Spanish (By arrangement)

Accessibility: Frieght elevator ramp wheelchair accessible/ restroom

Transportation: MUNI - 1 California, 3 Jackson, 24 Divisadero, 22 Fillmore

Funding: University, fees

Visitacion Valley Community Center
50 Raymond Avenue (Bayshore Blvd)
San Francisco CA 94134

Phone(s):
415-467-6400

Days & Hours
Monday-Friday, 9-5
Monday-Friday, 7-6 (Childcare)
Other hours by arrangement
Daily, 9-2 (Senior Program)

Person In Charge:
Julie Kavanagh, Director

Services:
A community center for all ages Provides neighborhood recreational and cultural activities as well as community organization and development Childcare is provided to children through a daycare center, a preschool program, and an after-school program Sponsors the Visitacion Valley Youth Program which provides activities at various locations, including after-school employment, summer jobs, gang prevention programs, recreation and sports Senior center program offers hot lunches, arts and crafts, socialization, health education, and field trips A food distribution service is available four days a week 9-12 noon.

Fees: Vary according to income for childcare $1.25 donation for senior lunch Other programs free

Eligibility: Low-income resident of area served For childcare, age 2-11

Area Served: San Francisco County, primarily Visitation Valley District San Mateo County

Application: Walk in or apply by phone

Languages: Chinese (Monday-Friday, 8-5)
Spanish (Monday-Friday, 8.30-5:30)
Filipino (Tagalog) (Monday-Friday, 1-6)

Accessibility: Ramp wheelchair accessible restroom

Transportation: MUNI - 9 San Bruno, 9X San Bruno Express, 15 Third

Funding: City (Commission on Aging, Mayor's Office of Children Youth and Families Neighborhood Arts), state, United Way grants, donations

Visitation Valley Senior Center
66 Raymond Avenue (Bayshore)
San Francisco CA 94134

Phone(s):
415-467-4499

Days & Hours
Daily, 9-4

Person in Charge:
Pat Crocker, Director

Services:
A multi-purpose senior center for residents of the Visitation and Portola Valley Districts. Provides arts and crafts, sewing, game time, cooking class, jewelry, quilting, ceramics, recreation, exercise classes, free and discount tickets, day trips, overnight trips, trips to Reno, bingo, gardening, parties and guest speakers. Serves a lunch 365 days a year and participates in a food commodities program. Provides blood pressure checks and podiatry screening.

Fees: Suggested lunch donation $1.25

Eligibility: Age 60 or over

Area Served: San Francisco County, Visitation Valley and Portola Valley Districts

Application: Walk in

Languages: Chinese, Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 9 San Bruno, 15 Third

Funding: County (Commission on Aging)

Visiting Nurses and Hospice of San Francisco
Coming Home Hospice Residence
115 Diamond Street (18th Street)
San Francisco CA 94114

Phone(s):
415-861-8705
415-552-8349 (TDD TTY)
415-431-4071 (FAX)

Days & Hours
Monday-Friday, 8-5 30 (Intake)

Person in Charge:
Jeannee Martin, Director, Hospice Programs
Linda Edelstein, Facilities Manager

Services:
A homelike 15-bed congregate-living health facility for persons with AIDS, cancer or other terminal illnesses whose life expectancy is limited to six months or less. 24-hour care and support is provided by registered nurses, licensed vocational nurses, attendants, chaplains, social workers, and volunteers. Meals, laundry service, and recreation therapy are also provided

Fees: Vary according to income Room and board, up to $60 per day Medi-Cal, Medicare, private insurance, HMO, SSI accepted

Eligibility: Diagnosis of AIDS, cancer or other terminal illness that requires 24-hour supervision and intermittent skilled care

Area Served: San Francisco County, northern San Mateo County

Application: Apply by phone

Languages: Spanish
Chinese, Filipino (Tagalog) (By arrangement)

Accessibility: Wheelchair accessible

Transportation: MUNI - 24 Divisadero, 33 Stanyan, 8 Market

Funding: Donations, fees, United Way

Visiting Nurses and Hospice of San Francisco
Home Health and Hospice Programs

1390 Market Street, Suite 510 (9th Street)
San Francisco CA 94102

Phone(s):
415-861-8705
415-552-8349 (TDD)
415-431-4071 (FAX)

Days & Hours
Monday-Friday, 8-5:30 (Office)
24 hours daily (Nurses available)

Person in Charge:
Jackie Mollema, Chief Operating Officer
Judy Lynch, Director Home Health Services
Jeannee Martin, Director Hospice Programs

Services:
Provides nursing services, homemaker, home health and other therapeutic services in the home or a homelike alternative setting. Also provides education and support for families, friends and loved ones involved in patient care. Care is provided by interdisciplinary teams comprised of medical directors, nurses, rehabilitation therapists, social workers, home health aides, nutrition counselors, chaplains and volunteers. Specialized programs include Home Health Care, Home Hospice Care, Coming Home Hospice Residence, AIDS Home Care and Hospice, Maternal-Child Health Care, Pediatric Nursing, Pulmonary Care, Speech, Therapy, Intravenous Therapy, Ostomy and Wound Care, Diabetes Management, Psychiatric Nursing, Bereavement Support Services, Volunteer Support Services, Hospice Counseling at San Francisco General Hospital, and VNA Home Care - a private duty/extended hours service.

Fees: Vary according to income and service. Medi-Cal, Medicare, private insurance accepted

Eligibility: Must be homebound, have physician's approval for service, resident of area served. Diagnosis of illness that limits life expectancy for hospice patients

Area Served: San Francisco County, Brisbane, Colma, Daly City, Millbrae, Pacifica, San Bruno, South San Francisco

Application: Apply by phone. Requests for service may be made by anyone, but service is given only with physician's orders

Languages: Chinese (Cantonese), Filipino (Tagalog), Japanese, Spanish (By arrangement)

Accessibility: Not necessary for service

Transportation: Not necessary for service

Funding: Fees, United Way, donations

Volunteer Center of San Francisco

1160 Battery, Suite 400 (Union)
San Francisco CA 94111

Phone(s):
415-982-8999
800-CARE-123

Days & Hours
Monday-Friday, 8 30-4 30
Some evening orientations

Person in Charge:
Leroy Williams, Director

Services:
Recruits and refers volunteers to community agencies that meet the volunteers' interest and needs. Encourages volunteerism through recognition programs throughout the City Organizes the 'Human Race, a cooperative fund raiser for social agencies Provides assessment of mental health clients for placement in volunteer settings Helps agencies design volunteer programs valuable to the agency and community through workshops and monthly discussion groups.

Fees. None for volunteers Fee for agency consultation varies according to request

Eligibility: No requirements

Area Served: San Francisco County

Application: Apply by phone Appointment preferred

Languages: None

Accessibility: Wheelchair accessible

Transportation: MUNI - 42 Downtown Loop

Funding: United Way, city, county, donations, grants

West Sunset Senior Center

39th and Ortega
San Francisco CA 94122

Phone(s):
415-753-7047

Days & Hours
Tuesday 10-3

Person in Charge:
Hilda Abela, President

Services:
A senior club for people age 55 or over. Club meets every Tuesday. Activities include card games, bingo, and short day trips. Members celebrate birthdays and go out to lunch. Club furnishes free coffee covered by membership dues.

Fees: $1 per month

Eligibility: Age 55 or over

Area Served: San Francisco, West Sunset, Parkside districts

Application: Walk in or apply by phone

Languages: None

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - 71 Noriega, 72 Sunset. Transportation not necessary for service

Funding: Membership dues

Western Addition Senior Citizens Service Center
1390 1 2 Turk Street (Fillmore)
San Francisco CA 94115

Phone(s):
415-921-7805

Days & Hours
Monday-Friday 9-5

Person in Charge:
Frederick Hubbard, Director

Services:
A senior center that provides information, referral, outreach recreation, arts and crafts, games, parties, field trips, shopping assistance, and nutrition education Serves a daily nutritious meal to seniors age 60 or over Meals are served from 11:30-2 on a first come, first served basis Approximately 100 meals are delivered to homebound seniors. The weekend meal site is located at El Bethel Arms, 1234 McAllister.

Fees: Suggested donation of $1 for meals

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily the Western Addition

Application: Apply by phone or walk in

Languages: Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 5 Fulton, 22 Fillmore, 31 Balboa

Funding: County (Commission on Aging)

WOMAN, Inc.
Women Organized to Make Abuse Nonexistent
333 Valencia Street, Suite 251 (14th Street)
San Francisco CA 94103

Phone(s):
415-864-4777 (Business)
415-864-4722 (Crisis Line)

Days & Hours
Monday-Friday, 9-5 (Walk-ins)
24 hours daily

Person in Charge:
Carol Newkirk, Executive Director

Services:
Provides supportive services to women who are victims of domestic violence. Maintains a daily inventory of bed space at Bay Area battered women's shelters. A drop-in center provides crisis assistance, options counseling, and individual on-going counseling. Offers support groups for battered women and referrals to selected therapists and attorneys who work with abused women. Cooperative Temporary Restraining order clinics staffed by attorneys provide low-cost and pro bono assistance in preparing restraining orders, and give guidance with court and police procedures. Abused Lesbians program includes individual counseling, restraining orders, group support, community outreach and education. Provides training on domestic violence issues to other community organizations, hospitals and corporations.

Fees: Vary according to income and service. Restraining orders up to $30. No one will be denied service for inability to pay

Eligibility: Woman who is a victim of domestic violence. San Francisco resident for legal assistance

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Walk in or apply by phone

Languages: Spanish

Accessibility: Wheelchair accessible restroom elevator

Transportation: MUNI - 22 Fillmore, Mission Street Lines. BART - 16th Street Station

Funding: Donations, county, fundraising, client fees

Woolf House
801 Howard Street
San Francisco CA 94103

Phone(s):
415-495-0837

Days & Hours
Monday-Friday, 8-5

Person in Charge:
Thanh Huynh, Director of Meal Site

Services:
Provides hot nutritious senior lunch served Monday-Friday at 11:30. Also provides support services which include trips, movies, and recreational events and classes.

Fees: $1.25 donation for lunch

Eligibility: Age 60 or over

Area Served: San Francisco County, primarily South of Market

Application: Walk in or apply by phone

Languages: Chinese (Cantonese, Mandarin)

Accessibility: Wheelchair accessible

Transportation: MUNI - 30 Stockton

Funding: Donations

Young Life of San Francisco
Elderly Teen Connection (ETC)
222 Plymouth Avenue (Broad)
San Francisco CA 94112

Phone(s):
415-584-0300

Days & Hours
Monday-Friday, 10-4
Answering machine at other times

Person in Charge:
Karinn Baffa, Director

Services:
The Elderly Teen Connection trains youth to perform household tasks like housecleaning, yardwork, grocery shopping, light cooking, letter writing, escort service. Students work after school or on weekends for senior adults. Students work a minimum of 2 hours per trip.

Fees: None for teens. $6 per hour charged for household work, minimum 2 hours per visit

Eligibility: Youth age 14-19, senior age 55 or over

Area Served: San Francisco County

Application: Apply by phone

Languages: Chinese (Cantonese), Korean, Spanish (Spoken by some teens)

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 54 Felton, M Oceanview

Funding: Donations

Young Men's Christian Association
YMCA of San Francisco
Central Branch
220 Golden Gate Avenue (Leavenworth)
San Francisco CA 94102

Phone(s):
415-885-0460

Days & Hours
Monday-Friday 6 am-9 30 pm
Saturday, 9 am-9 30 pm
Sunday, 11 am-7 pm

Person in Charge:
Fred Stickney, President
John Dabrow, Executive Director

Services:
Offers a variety of recreational activities for children youth, adults and seniors Services include adult aerobics, Nautilus, fitness classes, weight training exercise, healthy back class. Youth activities include sports, basketball, racquetball, volleyball, swimming, pool, day camp, resident camp field trips, afterschool day care, educational tutoring, youth club and youth counseling The Literacy Program offers English as a Second Language (ESL) classes for immigrants and refugees. Operates a hotel. A senior center provides a drop-in lounge, television, social activities, bridge games, overnight trips once a month, evening outings, fitness classes, tai chi, swimming, Christmas camp, special interest classes, and a rooftop garden

Fees: Vary according to service. Senior program $40 for 1 year Hotel rates $26 daily single room, $33 double room Daily, weekly, monthly and annual rates available for other services. Youth $10 per week (subsidized)

Eligibility: None for most programs Age 60 or over for senior program. Must have picture ID for hotel

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Chinese (Cantonese, Mandarin), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 5 Fulton, 19 Polk

Funding: Donations, United Way, fees

Young Men's Christian Association
YMCA of San Francisco
Mission Branch
4080 Mission Street (Highway 280)
San Francisco CA 94112

Phone(s):
415-586-6900
415-586-3030 (Senior Center)

Days & Hours
Monday-Friday, 9-6 (Office)
Monday-Friday, 9-2:30 (Seniors)
Monday-Friday, 7:30-6 (Recreation)

Person in Charge:
Donna Roper, Executive Director

Services:
Provides full- and part-time day care for preschool aged children, and after school and full day vacation care for elementary aged children. Also provides day camp, family resident camp, and recreational activities for children and youth. Youth sports programs are offered during the season (i.e., basketball in winter, baseball in spring). A senior drop-in center offers lunch, field trips, recreation and fitness classes. Literacy classes and adult education classes vary according to season.

Fees: Vary according to service

Eligibility: No requirements

Area Served: San Francisco County, primarily Mission District and Bayview Hunter's Point

Application: Walk in or apply by phone

Languages: Filipino (Tagalog), Spanish (Monday-Friday, 9-5)

Accessibility: Ramp/ restroom

Transportation: MUNI - Mission Street lines, BART - Glenn Park Station

Funding: Donations, fees, United Way

Young Men's Christian Association
YMCA of San Francisco
Richmond District Branch
360 - 18th Avenue (Geary)
San Francisco CA 94121

Phone(s):
415-668-2060

Days & Hours
Monday-Friday [illegible] am-9 pm
Saturday 8-4
Sunday 11-[illegible]

Person in Charge:
Beth Scheider Salazar, Executive Director
Robin Fogel, Senior Program
Donald Taylor, Youth School-Age Director
David Kroll, Youth Preschool Director
Anne Strubbe, Health Enhancement Director

Services:
Offers educational and recreational activities, a childcare program for children age 2 1/2-5 and an after school program for elementary school students. Also offers a Summer Day Camp, special Christmas and spring vacation activities. A multipurpose Senior Drop-In Center provides day and overnight recreational trips, educational programs, mini-mart, food bank, health and fitness classes, tai chi, arts and crafts, mahjongg, stitchery, bingo, and walking programs. Provides health and fitness programs for all ages, including aerobics, Nautilus, cardiovascular machines, sauna and hot tub, and locker rooms.

Fees: Vary according to income and service. Some fixed fees

Eligibility: Preschool - age 2 1/2 to 5. Afterschool program - kindergarten through 5th grade. Senior Center - age 55 or over

Area Served: San Francisco County, primarily Richmond District

Application: Walk in or apply by phone

Languages: Chinese (Cantonese, Mandarin), Japanese, Russian, Vietnamese (By arrangement)

Accessibility: Wheelchair accessible restroom

Transportation: MUNI - 2 Clement, 38 Geary, 1 California, 28 Nineteenth Avenue

Funding: Donations, city (Commission on Aging), United Way, fees

Young Men's Christian Association
YMCA of San Francisco
Stonestown Family YMCA
333 Eucalyptus Drive (21st Avenue)
San Francisco CA 94132

Phone(s):
415-759-9622

Days & Hours
Monday-Friday, 6 am-10 pm
Saturday, 7 am-8 pm
Sunday, 9 am-6 pm

Person in Charge:
Ralph Hurtado, Interim Executive Director
Shirley Barksdale, Senior Program
Terri Echelbarger, Youth and Family Programs
Mike Fitzsimmons, Health and Fitness

Services:
Offers licensed elementary school age childcare at several sites, preschool, youth activities, residential camp, day camp, and special interest activities including programming for children of single parents, family nights, and 'Kids Night Out' overnights. The Seniors Drop-In Center provides information and referral, recreational and cultural activities, health screening, blood pressure check-ups, adaptive exercise for stroke survivors, travel program, annual tax preparation assistance, Christmas Day party and companionship for single seniors, and hot lunch served weekdays at noon. The Branch is also a full facility fitness center providing aerobics, swimming, youth sports, Nautilus, stretching and toning, strength training, basketball, volleyball, martial arts, water aerobics and healthy back programming. Babysitting is available for parents while they workout.

Fees: Vary according to income and service

Eligibility: No requirements

Area Served: San Francisco County, Colma, Daly City

Application: Walk in or apply by phone

Languages: None

Accessibility: Special parking ramp wheelchair accessible restroom

Transportation: MUNI - 17 Parkmerced, 28 Nineteenth Avenue, K Ingleside, M Oceanview, 29 Sunset, 18 46th Avenue

Funding: Donations, United Way, fees

Young Women's Christian Association
YWCA of San Francisco
Administration
620 Sutter Street
San Francisco CA 94102

Phone(s):
415-775-6502
415-552-6790 (Childcare)

Days & Hours
Monday-Friday 9-5
Monday-Friday 7-6

Person In Charge:
Amy Reisch, Executive Director

Services:
A multiservice agency which provides a variety of social services to persons of all ages. Services include educational and recreational programs, leadership training, teen programs, senior programs and children's services. The YWCA Child Development Center for age six months to five years is located at 1855 Folsom Street, 552-6790.

Fees: Vary according to service

Eligibility: No requirements

Area Served: Marin County, San Francisco County, San Mateo County

Application: Walk in or apply by phone

Languages: Chinese, Spanish

Accessibility: Varies according to branch

Transportation: Varies according to branch

Funding: Donations, memberships, United Way

Young Women's Christian Association
YWCA of San Francisco
Chinatown North Beach Center
965 Clay Street (Powell)
San Francisco CA 94108

Phone(s):
415-397-6883

Days & Hours
Monday-Friday, 11 am-6:30 pm
Saturday, Sunday, 9-4

Person In Charge:
Teresa Wu, Center Director

Services:
A multiservice agency which provides a variety of social, recreational and educational activities focusing on the empowerment and fulfillment of women and girls. Services include tutoring for children, English as a Second Language (ESL) classes, recreational activities, and an adult program that offers exercise, cooking, dancing, drawing and flower arranging.

Fees: Vary according to service. Some activities free

Eligibility: No requirements

Area Served: San Francisco County

Application: Walk in or apply by phone

Languages: Chinese (Cantonese, Mandarin)

Accessibility: Not wheelchair accessible at this time

Transportation: MUNI - 1 California, 15 Third, 30 Stockton. Cable Car - Powell Street

Funding: Memberships, class fees, donations, United Way, grants

Young Women's Christian Association
YWCA of San Francisco
YWCA Apartments, Inc.
940 Powell Street (Clay)
San Francisco CA 94108

Phone(s):
415-397-6886

Days & Hours
Monday-Friday 8 30-5 (Office)

Person in Charge:
Cecilia Shair Katz, Manager

Services:
Senior citizen housing with 97 apartments for low-income seniors or disabled persons Offers a social hall with social activities and a tenants association

Fees: Rental fees vary according to income

Eligibility: Age 62 or over or disabled Maximum annual income $18,100 for 1 person or $20,700 for 2 persons

Area Served: San Francisco County, Chinatown District

Application: Walk in

Languages: Chinese (Cantonese, Mandarin), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 1 California, 30 Stockton, Powell Street Cable Car

Funding: Federal (HUD)

Youth for Service
Auto Tech Program
25 - 14th Street (Folsom)
San Francisco CA 94103

Phone(s):
415-431-3389

Days & Hours
Monday-Friday, 8-12, 12:30-8

Person in Charge:
Fred Hansen, Director

Services:
Offers an occupational training program to teach automotive skills to youth age 17-25. Skills include wheel service, lubrication and installation. Training is a combination of classroom study and shop practice. Each session lasts 10 weeks. Job placement services are provided once the program has been successfully completed. Provides free driver training for JTPA eligible youth. Also offers auto maintenance for seniors age 55 or over or disabled persons. Maintenance includes wheel services, (balancing, repairing, rotating), battery services, lube and oil, headlight services, safety check, and suspension. The person must supply their own parts (battery, oil, filter, headlight, etc.) but labor is free. Appointments are necessary.

Fees: None

Eligibility: For training: age 17-25, high school diploma or GED preferred. For auto repairs and maintenance: age 55 or over or disabled persons

Area Served: Alameda County, Contra Costa County, Marin County, San Francisco County, San Mateo County

Application: Apply by phone. Appointment necessary for auto maintenance

Languages: Chinese (Cantonese), Filipino (Tagalog), Spanish

Accessibility: Wheelchair accessible

Transportation: MUNI - 22 Fillmore, Mission Street lines

Funding: Federal, donations

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City and County of San Franci

A Resource Guide of Services for Seniors in San Francisc

September 1, 1992

Dear Resource Guide Subscriber:

We have compiled a six-month update list for the resou
agencies do make changes, and in that regard we are no
on the Aging 's Senior Information and Referral has mo

Senior Information and Referral
25 Van Ness Avenue, Suite 750
San Francisco, CA 94102

Our phone number remains the same but our address mu
of the resource guide:

Green Pages: Cover page
Blue Pages: B-9, B-20, B-25, B-58, B-59,

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City and County of San Francisco

Commission on the Aging
Senior Information and Referral

A Resource Guide of Services for Seniors in San Francisco.

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September 1, 1992

Dear Resource Guide Subscriber:

We have compiled a six-month update list for the resource guide. As many of you know agencies do make changes, and in that regard we are no exception. Our office, Commission on the Aging 's Senior Information and Referral has moved it's location to:

Senior Information and Referral
25 Van Ness Avenue, Suite 750
San Francisco, CA 94102

Our phone number remains the same but our address must be updated in the following areas of the resource guide:

Green Pages: Cover page
Blue Pages: B-9, B-20, B-25, B-58, B-59, B-120
White Pages: 175

We have tried to update as much information as possible for you. The way we have listed the additional changes is as follows:

Page One to Page Five lists the changes to the Blue Pages of the resource guide. We list the page # (starts with a "B") and give you the way it was listed and the new listed information.

Page Six to Page Nine lists the changes to the White Pages of the resource guide. We list the page # and give you the way it was listed and the new listed information.

Page Ten to Page Eleven list the services that are to be added to the various service categories (Blue Pages). We give you the page #, the new added service and the category it belongs in.

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Should you have any questions or suggestions, please do not hesitate to call us at 626-1033.

Sincerely,

Teri Dowling
Director
Senior Information and Referral

(415) 626-1033 Telephone
(415) 431-7052 FAX
25 Van Ness Avenue, Suite 750
San Francisco, CA

A RESOURCE GUIDE OF SERVICES
FOR SENIORS IN SAN FRANCISCO

1992

UPDATE SHEET (BLUE PAGES)

PAGE	AGENCY NAME	Was Listed As	Was Changed To
B-5	Laguna Honda Adult Day Health Care Center	664-1102	759-3360
B-9	Senior Action Network (SAN)	826-7636 2881 Harrison SF 94110	863-2033 1435 Market St. SF 94103
B-10 B-48	Eldercare Program - Dept. of Public Health	558-5104 1182 Market St. SF 94102	554-3270 1155 Market St. 1st Floor SF 94103
B-11 B-69	San Francisco Dept. of Public Health - CMHS, Central City Senior Unit	558-4671 1182 Market St. SF 94102	554-3277 1155 Market St. 1st Floor SF 94103
B-12 B-49 B-74	San Francisco Linkages - Mt. Zion	885-7590 885-7673 2356 Sutter St. SF 94115	750-4141 3330 Geary Blvd. 2nd Floor SF 94118
B-15	San Francisco General Hospital - Dental Clinic	821-8104	206-8104
B-18 B-73	Artworks - Institute on Aging	885-7470 1600 Divisadero SF 94115	750-4187 3330 Geary Blvd 2nd Floor SF 94118
B-22	Communi-Call - St. Francis Hospital	775-4321	No longer in existence
B-22	Lifeline Program - Mt. Zion Hospital	885-7591	750-4135

A RESOURCE GUIDE OF SERVICES
FOR SENIORS IN SAN FRANCISCO

1992

UPDATE SHEET (BLUE PAGES)

PAGE	AGENCY NAME	Was Listed As	Was Changed To
B-5	Laguna Honda Adult Day Health Care Center	664-1102	759-3360
B-9	Senior Action Network (SAN)	826-7636 2881 Harrison SF 94110	863-2033 1435 Market St. SF 94103
B-10 B-48	Eldercare Program - Dept. of Public Health	558-5104 1182 Market St. SF 94102	554-3270 1155 Market St. 1st Floor SF 94103
B-11 B-69	San Francisco Dept. of Public Health - CMHS, Central City Senior Unit	558-4671 1182 Market St. SF 94102	554-3277 1155 Market St. 1st Floor SF 94103
B-12 B-49 B-74	San Francisco Linkages - Mt. Zion	885-7590 885-7673 2356 Sutter St. SF 94115	750-4141 3330 Geary Blvd. 2nd Floor SF 94118
B-15	San Francisco General Hospital - Dental Clinic	821-8104	206-8104
B-18 B-73	Artworks - Institute on Aging	885-7470 1600 Divisadero SF 94115	750-4187 3330 Geary Blvd 2nd Floor SF 94118
B-22	Communi-Call - St. Francis Hospital	775-4321	No longer in existence
B-22	Lifeline Program - Mt. Zion Hospital	885-7591	750-4135

B-26	Consumer Credit Counselors	1-800-464-2344	(800) 777-PLAN
B-31	SHARE	467-2506 2540 Newhall St. SF 94124	362-2506 Treasure Island Bldg. 180 94130
B-32	Friendship Line for the Elderly	752-4866	752-3778
B-32	Meals on Wheels	Coordinator: Sharon Pretti	Coordinator: Lizetta Fredrick
B-33 B-118 B-123	Tenderloin Elderfriends	986-6097 942 Market St. #612 SF 94102	252-5627 135 Golden Gate Av. 3rd Floor SF 94102
B-33	Senior Resources	753-2405 1750 - 29th Avenue SF 94122	252-7991 1805 Mariposa SF 94107
B-33 B-123	Volunteer Interchange Program (program no longer exists)	n/a	n/a
B-33	Project One-to-One (program no longer exists)	n/a	n/a
B-36	Franchise Tax Board	1-800-852-7050	1-800-852-5711
B-38	Social Security Administration	1-800-234-5772	1-800-772-1213
B-40 B-69	Geriatric Assessment Services - UCSF/Mt. Zion (cross out S.F. Institute on Aging)	1600 Divisadero SF 94115	Lakeside Senior Medical Center 2501 Ocean Av. SF 94132 Additional #: 586-86

5 111	SRx - Senior Medication Education Program	558-3767 1182 Market St. Rm. 204 SF 94102	554-3274 1155 Market St. 1st Floor SF 94103
B-48	Community and Home Injury Prevention Project for Seniors (CHIPPS)	1182 Market St. Rm. 204 SF 94102	1155 Market St. 1st Floor SF 94103
B-49	San Francisco Medical Society	567-6230 250 Masonic St. SF 94118	561-0853 1409 Sutter St. SF 94109
B-49 B-74	San Francisco MSSP	885-7590 2356 Sutter St. SF 94115	750-4141 3330 Geary 2nd Floor SF 94118
B-50	Hamilton Family Shelter	776-2102	665-2354
B-52	Kaiser Permanente Center	929-4000	202-2000
B-53	San Francisco General Hospital	821-8200	206-8000
B-69	San Francisco Dept. of Public Health - Geriatric Mental Health Services (Western Addition) [not listed in white pages as indicated)	474-7310 ext. 254	474-7310 ext. 431
B-66	Mission Community Legal Defense	552-7208	552-3910 552-7208 (fax)
B-69	Geriatric Mental Health Services (After 5 pm and weekends) (Southeast Mission)	558-2071 810 Capp St. SF 94110	554-9980 111 Potrero (Mission Crisis) SF 94107
B-70	Emergency Psychiatry at S.F. General	821-8125	202-8125
B-72	National Council on Aging	1-213-622-6151 650 South Spring St. Los Angeles, CA 90014	1-213-365-0366 2500 Wilshire #4C Los Angeles, CA 90057

B-72	National Council on Aging	600 Maryland Ave. Washington, D.C. 20024	409 - 3rd St., SW #200 Washington D.C. 20024
B-102 B-109	Self-Help for the Elderly	445 Grant Ave. SF 94108	407 Sansome SF 94111
B-108	Italian Welfare Agency, Inc. is now known as : Italian-American Community Services Agency	n/a	n/a
B-110	Alcholics Anonymous	661-1828 1046 Irving St. SF 94122	621-1326 1540 Market St. #150 SF 94102
B-111	National Council on Alcoholism	1049 Market St. SF 94103	944 Market St. 3rd. Floor SF 94102
B-111	Tom Smith Substance Abuse Program	821-8091	206-8091
B-118	Tenderloin Elder Friends	989-6097 942 Market St. SF 94102	252-5627 135 Golden Gate Ave 3rd Floor SF 94102
B-120	Paratransit Services	552-7908 1109 Oak St. SF 94117	202-9903 544 Golden Gate Av SF 94102

21	Senior Escort Outreach Program		
	Main Office (Administrative)	695-5175 1049 Market St. SF 94103	695-5170 1101 Capp Street SF 94110
	North & South of Market	695-5175 1049 Market St. SF 94103	597-7953 319 Clementina St. SF 94103
	Western Addition	597-7950	931-2350
	South of Market	695-5175 1049 Market St. SF 94103	597-7953 319 Clementina SF 94103
B-123	SEALS - Seniors Eager for Active Lives (Mt. Zion) now known as Institute on Aging Associates	885-7353	750-4117
B-123	Volunteer Center of S.F.	Suite 400	1st Floor, Ste. 70
B-123	SEER Project	340 Pine St. SF 94104	65 Battery, 3rd Floo SF 94111

PAGE	AGENCY NAME	Was Listed As	Was Changed To
3	Alcoholics Anonymous	661-1828 1046 Irving St. SF 94122	621-1326 1540 Market, #15 SF 94102
10	SHARE Self-Help and Resource Exchange	467-2506 2540 Newhall St. SF 94124	362-2506 Treasure Island Bldg. 180 94130
38	California Pacific Medical Center	Volunteer Inter-change Program	program no longer exists
44	Catholic Charities	Ann Hinton	Roy Earnest
51	Cerenio Management Group (CMG)	495-6081	Intake: 202-9903 Lift Van: 202-9901 Taxi Script: 202-990 Admin.: 202-9905
58	Community Hospice Foundation	Person-in-Charge Pamela Carrott Laurie Smith	Person-in-Charge James Ensign Judy O'Keefe
61	Consumer Credit Counselors of San Francisco	(800) 464-2377	(800) 777-PLAN
96	Italian Welfare Agency, Inc. is now known as the Italian-American Community Services Agency		
103	Jewish Vocational Services	391-3595 870 Market St., #870 SF 94102	391-3600 77 Geary, #401 SF 94108

	Laguna Honda Adult Day Health	664-1102	759-3360
25	Mt. Zion Health Systems, Inc. -- Consortium for Elder Abuse	885-7850 1600 Divisadero SF 94115	750-4188 3330 Geary Blvd. 2nd Floor SF 94118
127	Mt. Zion Health Systems, Inc. -- Artworks	885-7470 1600 Divisadero SF 94115	750-4187 3330 Geary Blvd. 2nd Floor SF 94118
128	Mt. Zion Health Systems, Inc. -- Geriatric Assessment Service	1600 Divisadero SF 94115	Additional #: 586-8600 Mt. Zion Medical Center of UCSF Lakeside Senior Medical Center 2501 Ocean Ave. SF 94132
129	Mt. Zion Health Systems, Inc. -- Geriatric Information, Counseling and Referral Service (ICR)	885-7800 2356 Sutter St. SF 94115	750-4130 3330 Geary Blvd. SF 94118
130	Mt. Zion Health Systems, Inc. -- Institute on Aging - Medical Clinics is now known as UCSF/Mt. Zion Med. Ctr. Medical Clinics	885-7474	567-6600

132	Mt. Zion Health Systems, Inc. -- LINKAGES	885-7590 2356 Sutter St. SF 94115	750-4141 3330 Geary Blvd. 2nd floor SF 94118
133	Mt. Zion Health Systems, Inc. -- Multipurpose Senior Services Program (M.S.S.P.)	885-7590 2356 Sutter St. SF 94115	750-4141 3330 Geary Blvd. 2nd floor SF 94118
134	Mt. Zion Health Systems, Inc. -- SEALS (Seniors Eager for Active Lives) is now known as Mt. Zion - Institute on Aging Associates	885-7353	750-4117
185	SF Dept. of Public Health, Community Mental Health Services -- Central City Senior Unit	558-4671 1182 Market St. SF 94102	554-3277 1155 Market St. Room 104 SF 94103
197	SF Dept. of Public Health		
	Health Inspections	558-5044	705-8500
	WIC	982-0814	705-8500
	Nursing	558-2011	705-8500
200	SF Dept. of Public Health -- ElderCare Program	558-5104 1182 Market St. SF 94102	554-3270 1155 Market St. Room 102 SF 94103
203	SF Dept. of Public Health -- SRx Medication Education Program	558-3767 1182 Market St. SF 94102	558-3274 1155 Market St. Room 102 SF 94103

0	San Francisco Medical Society	567-6234 (Referral) 567-6230 (Admin) 250 Masonic SF 94118	561-0853 (Referral) 561-0850 (Admin) 1409 Sutter St. SF 94109
217	SF School Volunteers	340 Pine St. 3rd Floor SF 94104	65 Battery 3rd Floor SF 94111
228	Self-Help for the Elderly	445 Grant Ave. SF 94108	407 Sansome, #300 SF 94110
232	Senior Resources	753-2405 1750 - 29th Ave. SF 94122	252-7991 1805 Mariposa SF 94107
233	Services for Seniors, Inc.	1500 Laguna St. SF 94115	1525 Post St. SF 94109
	Person in Charge	Barbara Solomon	Ramona Davies
253	Tenderloin Elder Friends	Ellen Cafferty	Diana Varda
254	Traveler's Aid Society		add Mailing Address P.O. Box 420137 SF 94142
256 to 262	United States Government -- Teleservice Center	1-800-234-5772	1-800-772-1213
270	University of California, S.F.	476-2142	476-3700 476-4907

SERVICES TO BE ADDED

PAGE #	AGENCY NAME/ADDRESS/PHONE #	SERVICE CATEGORY
B-6	Adult Day Health Network Phone: 554-2416	Adult Day Health Care
B-10	Bayview Hunter's Point Independent Elders Project 1706 Yosemite, 2nd Floor SF 94124 Phone: 822-1992	Case Management
B-11	Senior Care Connection Senior Services 225 - 30th Street SF 94131 Phone: 550-2253	Case Management
B-14	Hospice by the Bay adds on Community Hospice Foundation to their title	Death Related Services Hospices
B-34	The Deaf Aids Center - San Francisco 25 Taylor Street, #702 SF 94102 Phone: (800) 735-2922 (Voice) 346-8327 (TDD) 885-2341 (TDD)	Gay/Lesbian Services
B-44	Self-Help for the Elderly -- Alzheimers Day Care Resource Center 741 - 30th Avenue SF 94121 Phone: 221-1713	Alzheimers
B-45	Deaf Gay/Lesbian Center 25 Taylor St., #702 SF 94102 Phone: (800) 735-2922 (Voice) 885-2341 (TDD)	Hearing & Speech
B-63	In-Home Supportive Services Consortium 16 Guerrero SF 94103 Phone: 255-2079	In-Home Support

	St. Francis Neighborhood Senior Center 152 Church St. SF 94114 Phone: 621-2635	Senior Centers
B-118	Bayview Hunter's Point Independent Elder's Project 1706 Yosemite, 2nd Floor SF 94124 Phone: 822-1992	Telephone Reassurance
B-118	Salvation Army 850 Harrison Street SF 94107 Phone: 777-5350	Telephone Reassurance
B-119	Easy Access City Wide Calif. Pac. Med. Center Phone: 550-2202	Transportation
B-122	Little Brother's Friends of the Elderly Phone: 771-7957	Volunteers